

# 10

TIPS FOR

# Better Sleep

1.



MAINTAIN A  
CONSISTENT  
**DAILY**  
SCHEDULE

2.



**REDUCE**  
YOUR DAILY  
CAFFEINE  
**INTAKE**

3.



**TURN OFF THE  
COMPUTER OR  
TELEVISION**

4.



DON'T GO TO  
BED ON A  
**FULL**  
STOMACH

5.



DON'T GO TO  
BED ON AN  
**EMPTY**  
STOMACH

6.



**ENGAGE IN  
REGULAR  
EXERCISE**



7.

LIMIT BEVERAGE  
CONSUMPTION  
BEFORE  
**BED**



8.



**KEEP YOUR  
BEDROOM  
DARK &  
QUIET**

9.



**INVEST IN A  
COMFORTABLE  
MATTRESS, PILLOW &  
BEDDING**

10.

**GO TO SLEEP  
AND WAKE  
UP USING  
YOUR  
INTERNAL  
ALARM CLOCK**



# 50 Ways To Sleep Better

**ML Yell**



## **50 Ways To Sleep Better:**

## 50 Ways To Sleep Better Book Review: Unveiling the Power of Words

In a world driven by information and connectivity, the power of words has become more evident than ever. They have the capability to inspire, provoke, and ignite change. Such is the essence of the book **50 Ways To Sleep Better**, a literary masterpiece that delves deep into the significance of words and their effect on our lives. Published by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book's key themes, examine its writing style, and analyze its overall effect on readers.

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