

# 22 WAYS TO SLEEP BETTER EVERY NIGHT

@BelievePHQ



GET INTO A ROUTINE



PRACTICE DEEP BREATHING



BE A SMART NAPPER



WRITE DOWN YOUR WORRIES



LESS CAFFEINE



LEARN TO RELAX



EXERCISE REGULARLY



AIM FOR 7 TO 9 HRS SLEEP



BALANCE FLUID INTAKE



AVOID WATCHING TV



AVOID USING YOUR PHONE



TRY USING A SLEEP DIARY



STICK TO A SCHEDULE



BE AWARE OF WHAT YOU EAT AND DRINK



MAKE SURE YOUR ROOM IS DARK



AVOID BIG MEALS AT NIGHT



FIND YOUR OWN STRESS MANAGEMENT TECHNIQUE



TRY USING PROGRESSIVE MUSCLE RELAXATION



STAY COOL



MAKE SURE THERE IS GOOD VENTILATION



TRY VISUALISING A PEACEFUL PLACE



GET COMFORTABLE