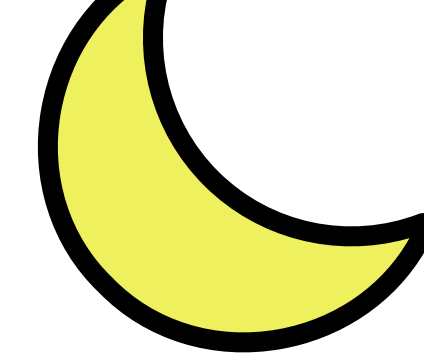


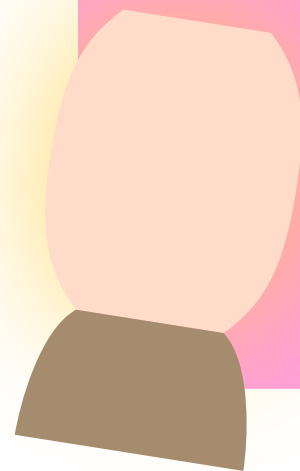
# Tips for Getting Quality Sleep



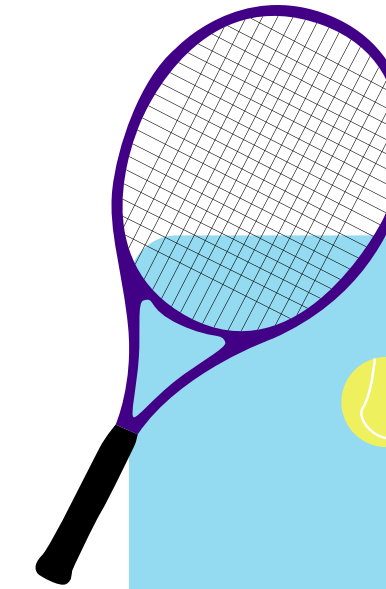
Turn off screens  
at least  
two hours  
before  
bedtime



Ensure  
a quiet, dark  
environment



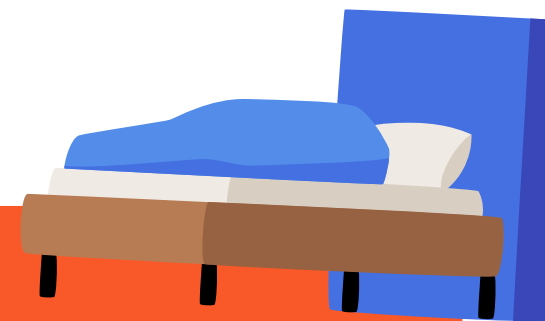
Engage  
in regular  
physical activity



Make sure  
the bedroom  
feels comfortable  
and secure



Use  
the bed only  
for sleeping



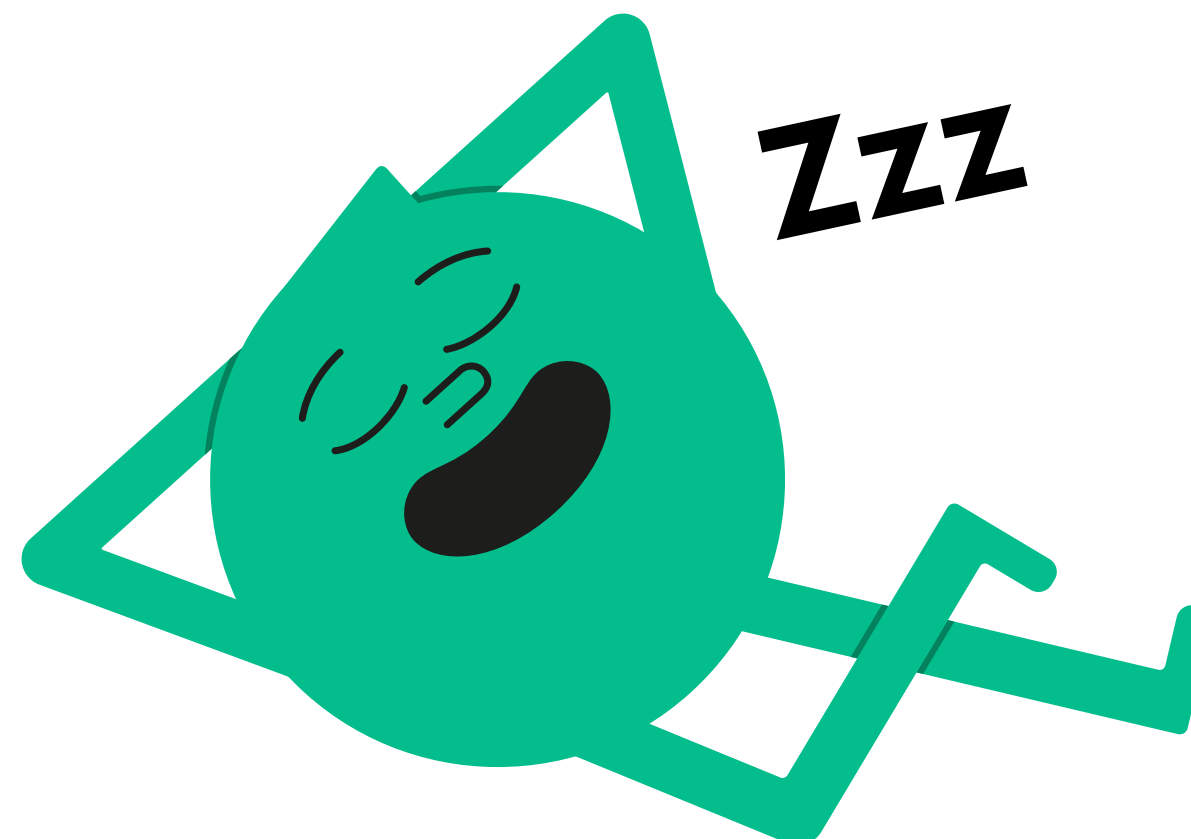
Keep electronic  
devices out of  
the bedroom



Create  
a relaxing  
evening routine  
(reading, calm  
activities, etc.)



ZZZ



Maintain  
a balanced diet

