



22 WAYS TO SLEEP BETTER EVERY NIGHT

@BelievePHQ

GET INTO A ROUTINE (clock icon)

LESS CAFFEINE (coffee cup icon)

PRACTICE DEEP BREATHING (lungs icon)

LEARN TO RELAX (person relaxing icon)

BE A SMART NAPPER (person napping icon)

EXERCISE REGULARLY (person exercising icon)

WRITE DOWN YOUR WORRIES (book icon)

AIM FOR 7 TO 9 HRS SLEEP (alarm clock icon)

BALANCE FLUID INTAKE (water bottle icon)

AVOID WATCHING TV (TV icon)

AVOID USING YOUR PHONE (phone icon)

TRY USING A SLEEP DIARY (diary icon)

STICK TO A SCHEDULE (checkmark icon)

BE AWARE OF WHAT YOU EAT AND DRINK (plate of food icon)

MAKE SURE YOUR ROOM IS DARK (dark room icon)

AVOID BIG MEALS AT NIGHT (plate of food icon)

FIND YOUR OWN STRESS MANAGEMENT TECHNIQUE (smiley face icon)

TRY USING PROGRESSIVE MUSCLE RELAXATION (muscle icon)

STAY COOL (hand with thumbs up icon)

MAKE SURE THERE IS GOOD VENTILATION (lungs icon)

TRY VISUALISING A PEACEFUL PLACE (clouds icon)

GET COMFORTABLE (bed icon)