

Life's Amazing Journey
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Serenity Papers
Sleep Tracker

info@hclifesamazingjourney.shop

Sleep Hygiene

6 Tips to Continuously Sleeping Well at Night

Stay away from stimulants late in the day.

- avoid beverages and food with caffeine.

Create and get into a relaxing pre-bedtime routine.

- * a relaxing activity an hour before bedtime.

Keep your bedroom at a cooler temperature.

- an ideal bedroom to sleep in is cool, quiet and dark.

Do a regular exercise.

- a regular exercise can help improve your sleep.

Consistent sleep schedule.

- go to bed and wake up the same time everyday/night.

Turn off all screens.

- stop watching all devices and TV an hour before bed.

Sleep Tracker



Day	Hours of sleep	Quality
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