

# Just before you *sleep*...

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## **Tip #1**

Take a warm bath or shower.

## **Tip #2**

Make your room comfortable and listen to calming music.

## **Tip #3**

Put away your devices, and limit food and fluid intake an hour before bedtime.

## **Tip #4**

Develop a sleep routine like brushing teeth, taking supplements & washing face

# Sleep Hacks Update Returns

**Ian Pickup**



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