

# HOW TO GET A GOOD NIGHT'S SLEEP

zzzz



**FEELING TIRED? HERE ARE SOME SIMPLE TIPS TO HELP YOU GET TO SLEEP.**

## EXERCISE

Walking, running, and exercising will not only keep you fit, but will also keep you sleeping better. Remember that exercise too close to bedtime can be stimulating.



## EAT, BUT NOT TOO MUCH

A grumbling stomach can keep you awake, but so can an overfull stomach. Avoid eating a big meal within two to three hours of bedtime.



## KEEP IT COMFORTABLE

You don't have to watch television in your bedroom to be distracted. Make sure your bedroom is as comfortable as possible.



## START A SLEEP RITUAL

Sleep rituals help signal the body and mind that it's time for sleep. Make sure you drink warm milk. Relax by taking a bath. You can also listen to calming music before bed to relax.



# Sleep Hacks Tax Bracket Tips

**Jessica J Manson**



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