6 Tips for Better Sleep

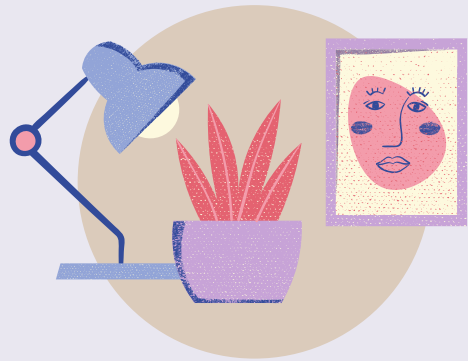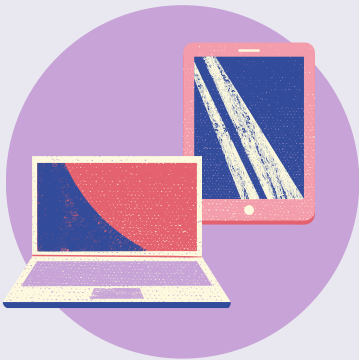## 1. Be Consistent

Go to bed at the same time and get up at the same time every day.

2. Bedroom Environment

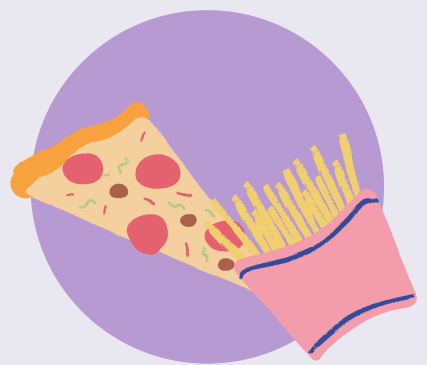Make your bedroom quiet and dark.

ZZZ

3. Disconnect From Devices

Turn off the electronics at least an hour or two before bed.

4. Avoid Large Meals

To give your body enough time to properly digest the food that won't disrupt your sleep.

5. Establish a bedtime routine

Engage in relaxing activities before bed to signal to your body that it's time to wind down.

6. Exercise regularly

Engaging in regular physical activity can help promote better sleep. (Mind the timings, as exercising too close to bedtime can actually make it harder to fall asleep.)