

# TIPS FOR A BETTER NIGHT'S SLEEP

© 2023 Lan Nguyen, LCSW

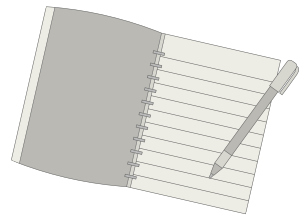
1

Keep a consistent sleep schedule everyday



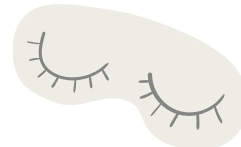
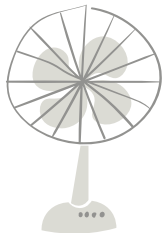
2

Relax your body & mind with mental & physical exercises



3

Maintain a cool, quiet, & dark sleep environment



4

Limit exposure to blue light from screens before bed



5

Limit coffee, caffeine, & added sugar in afternoon & evening

