



general recreation.



1. Establish a regular bedtime and waking time.



2. Allow yourself to take a nap if



3. Adjust to a healthier lifestyle regarding your substance use.



4. Create a caffeine cut-off time.

10 TIPS **FOR BETTER SLEEP**



setting and keep the room well ventilated.



7. Use comfortable, inviting bedding.

6. Watch your workout routine.



5. Change up your bedtime snack.

you're tired.



Having trouble sleeping?

Well you're not alone - numerous studies have shown that people the globe have been across struggling with their sleep during the coronavirus crisis.

Discover the posts in *LinkedIn* for tips on how to improve your sleep **here**.