

Tips for Better Sleeping



Get active



Avoid long naps during the daytime



Read a book



Drink a glass of warm milk



Make the temperature comfortable in your bedroom



Use a good pillow



Play soothing music to help relieve your mind



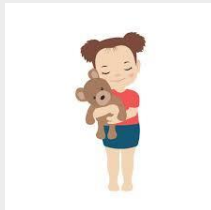
Don't sleep on a full tummy



Wear comfortable pajamas and socks



Cuddle up to your pillow or a giant stuffed animal for comfort



Take a warm bath



Only use your bed for sleeping and nothing else



Imagine something peaceful



Get up and go to bed at the same time every day

