

# Helpful Tips

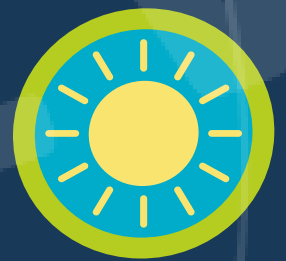
## FOR A GOOD NIGHT SLEEP



Stay away from caffeine late in the day.



Relax and clear your mind in the evening.



Avoid blue light as early before bed as possible.



Minimize physical activity at least 3 hours before bed.

Lisa Medalie, Psy.D.



Reach to achieve 8 hours of sleep per night.

