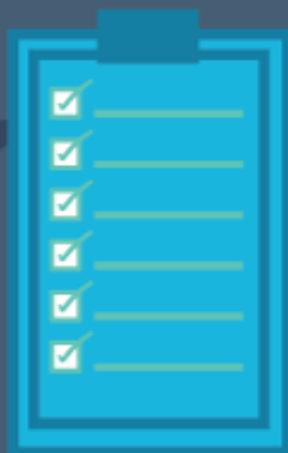# 5 tips for getting a better night's sleep

don't eat right before bed

develop a routine

protect your eyes

avoid sugar & caffeine

sleep in the dark

core
HYDRATION