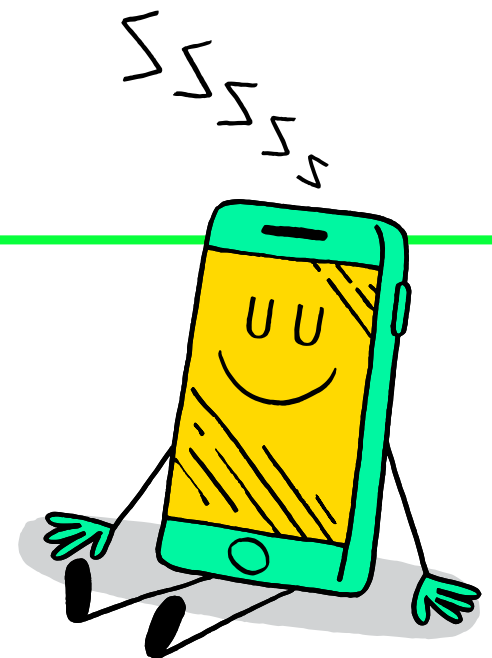


# Rest easy with these tips for better sleep

**1.**

Don't charge your phone next to your bed. Make your bedroom a screen-free zone.

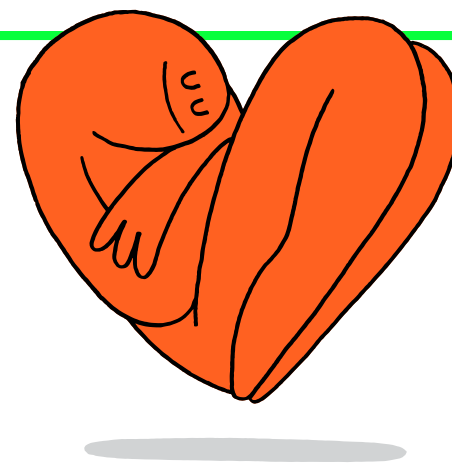


**2.**

Don't have caffeine after 2 p.m.

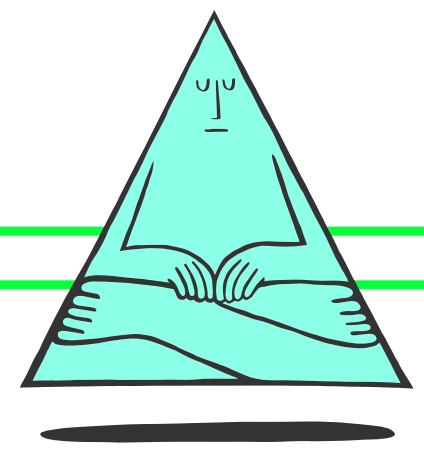
**3.**

Create a ritual around bedtime.



**4.**

Keep it cool. The Sleep Foundation recommends keeping bedrooms at 18°C/65°F.



**5.**

Don't struggle with sleeplessness. If you spend 20 minutes trying to sleep without luck, switch to meditating or reading a book.