



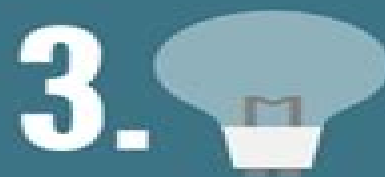
Tips for Better *Sleep*



Keep a consistent schedule



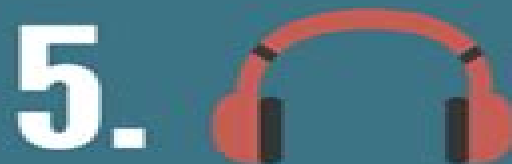
Exercise



Keep your room dark



No bedtime snacks



Reduce noise



Comfy sleep essentials

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M.R. Shetty



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