

# HOW TO GET A GOOD NIGHT'S SLEEP

zzzz



**FEELING TIRED? HERE ARE SOME SIMPLE TIPS TO HELP YOU GET TO SLEEP.**

## EXERCISE

Walking, running, and exercising will not only keep you fit, but will also keep you sleeping better. Remember that exercise too close to bedtime can be stimulating.



## EAT, BUT NOT TOO MUCH

A grumbling stomach can keep you awake, but so can an overfull stomach. Avoid eating a big meal within two to three hours of bedtime.



## KEEP IT COMFORTABLE

You don't have to watch television in your bedroom to be distracted. Make sure your bedroom is as comfortable as possible.



## START A SLEEP RITUAL

Sleep rituals help signal the body and mind that it's time for sleep. Make sure you drink warm milk. Relax by taking a bath. You can also listen to calming music before bed to relax.



# Sleep Hacks Productivity Planner Tips

**Knights of Labor**



## **Sleep Hacks Productivity Planner Tips:**

Productivity Hacks Emily Price, 2018-12-18 Improve your productivity increase focus and enhance your organizational and time management skills with these 500 easy tips and tricks for getting more stuff done We all know about Post It notes and to do lists and now with this handy guide you can take productivity to the next level Learn to use technology to your advantage schedule your time wisely and organize your materials for maximum efficiency Some of Productivity Hacks s easy to implement tips include utilizing do not disturb features on your phone and computer to avoid distractions scheduling a specific time to check your email instead of shifting focus again and again and creating templates for your most used email responses so you don t need to do the same work twice and many more From accomplishing more in the workplace to maintaining a healthy work life balance these tips will help hone your focus and time management skills in simple manageable steps You ll be amazed how much more you can achieve over the course of a day

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**Burnout Recovery: The 7-Day Reset to Beat Stress & Exhaustion, Boost Energy & Regain Mental Clarity** Peakstate Protocols, 2021-01-01 How to Recover From Burnout in 7

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*ADHD Hacked: 5-Minute Neuroscience Fixes for Focus & Calm* Brian Moore, 2025-01-27

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