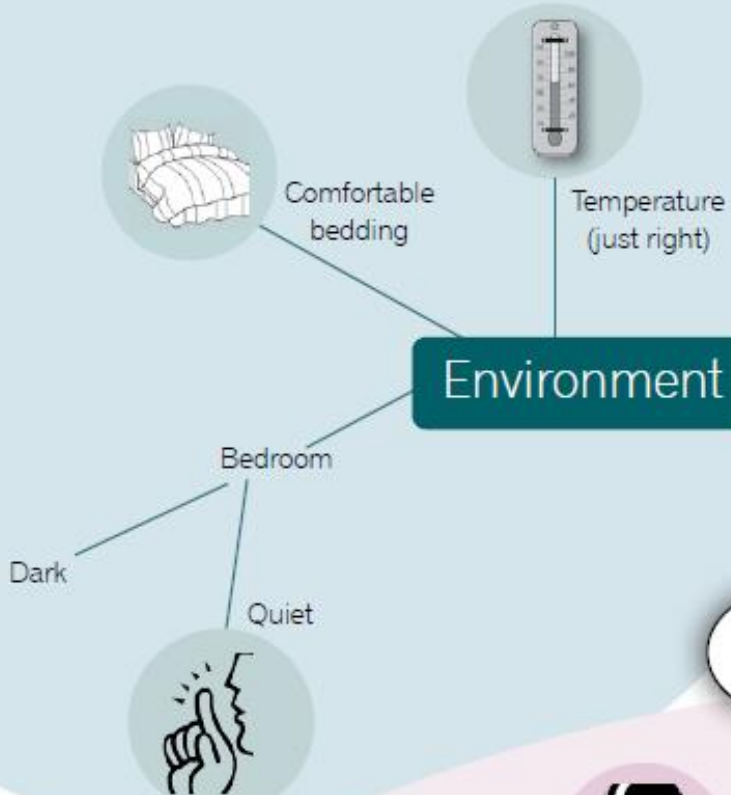


TIPS FOR SLEEP HYGIENE

Environment



Before bed



Avoid

