

# Good sleep guide

## PREP WORK

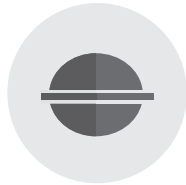


- Work out what time you need to wake up
- Work out what time you need to go to bed
- Set a reminder for 1 hour before bed
- Set a reminder for 30 minutes before bed

## 2-3 HOURS BEFORE BED



- Finish exercising



- Finish eating large meals



- Avoid alcohol

## 1 HOUR BEFORE BED



- Finish watching TV



- Stop using digital devices

## 30 MINUTES BEFORE BED



- Turn on the air con + have a warm shower

