



WHAT ABOUT YOUR CURRENT HABITS IN THESE AREAS - ANYTHING TO OPTIMIZE TODAY?

#1 STICK TO A SLEEP SCHEDULE
AND SET AN ALARM FOR BEDTIME

#2 EXERCISE:
NO LATER THAN 3
HRS. BEFORE BEDTIME



#3 AVOID CAFFEINE
AND NICOTINE

#4 AVOID ALCOHOLIC
DRINKS BEFORE BEDTIME