

GETTING A GOOD NIGHT'S SLEEP

An ongoing **lack of sleep** or **poor-quality sleep** increases your risk of **health problems** such as cardiovascular disease, high blood pressure, diabetes, depression, and obesity.

They are also linked to **memory problems**, **forgetfulness**, and **more falls or accidents**.

Aim for
7-9 hours
of sleep each night.

HERE ARE SOME TIPS TO HELP:

Go to bed and wake up at the same time every day, even on weekends.



Avoid distractions such as cell phones, computers, and televisions in your bedroom.



Exercise at regular times each day, but not within 3 hours of your bedtime.



Find ways to relax before bedtime each night.



Don't eat large meals, or drink caffeine or alcohol late in the day.



Avoid long naps (over 30 minutes) in the late afternoon or evening.



Zzzzz

Good Nights Sleep

L Reisser



Good Nights Sleep:

Reviewing **Good Nights Sleep**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is actually astonishing. Within the pages of "**Good Nights Sleep**," an enthralling opus penned by a very acclaimed wordsmith, readers set about an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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