

# ON THE ROAD TO Better Sleep

*Learn what to do to improve sleep.*



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## MAKE SLEEP A PRIORITY

Do you like to stay up late with friends, but then struggle to fall asleep at night? Value sleep above having fun and decide to get more shut-eye.



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## SET A BEDTIME & WAKE-UP TIME

Decide to stick to a strict sleep schedule. For example, go to bed at 10 p.m. every night and wake up at 6 a.m., even on the weekends.