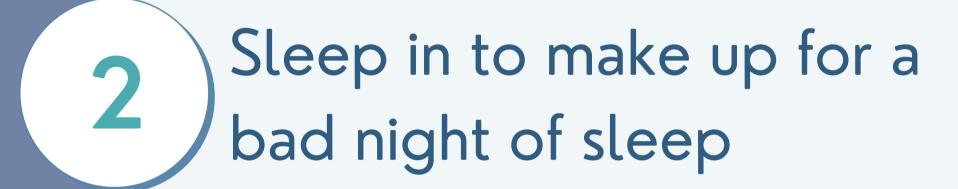
TRYING TO OVERCOME OCCASIONAL INSOMNIA?

ALISTOF THINGS
NOT

TO DO



Keep a clock or other time device visible from your bed



Consume any stimulants like caffeine, nicotine or decongestants within at least 6 hours before bed

Try to sleep, instead let sleep come over you

for at least an hour before bed and while in bed, this includes television



TRYING TO OVERCOME OCCASIONAL INSOMNIA?

SOURCES:

HTTPS://SLEEPANDDREAMS.COM/?P=160

ALISTOF THINGS NOT TODO

HTTPS://SLEEPANDDREAMS.COM/?P=174

HTTPS://SLEEPANDDREAMS.COM/?P=164