



6 TIPS FOR YOUR FAMILY TO GET A GOOD NIGHT'S SLEEP

1



Stick to a regular
bedtime routine

2



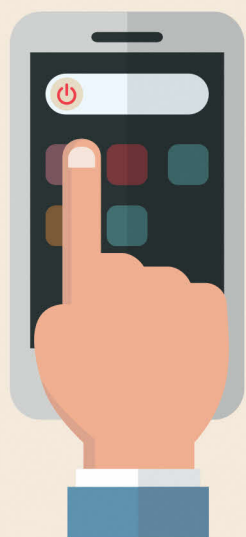
Wind down together
by reading a book

3



Keep the bedroom
dim and quiet

4



Put away all electronic
devices at least 30 mins
before bedtime

5



Stay away from caffeine
close to bedtime

6



Avoid heavy meals
near bedtime