

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



1



Stick to a regular  
bedtime routine

2



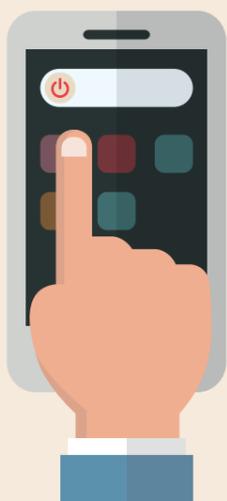
Wind down together  
by reading a book

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

