People Vision
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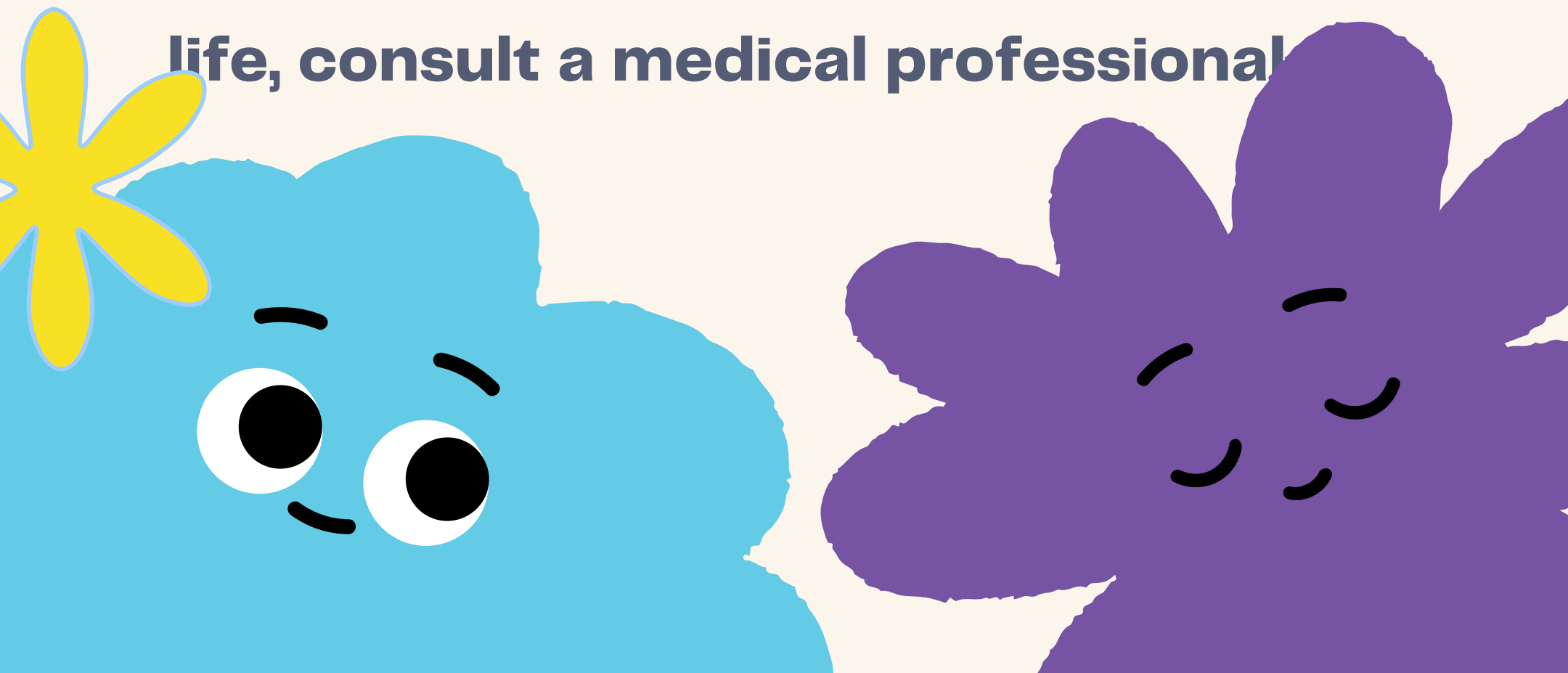
HAVING TROUBLE SLEEPING?

TRY THESE TIPS!

1. Free your room from distractions
2. Don't drink coffee or sweet drinks at least 5 hours before going to sleep.
3. Exercise regularly.
4. Too many thoughts? Write them down in a journal.
5. If you can't sleep, don't force it.
6. If your insomnia is affecting your daily life, consult a medical professional.