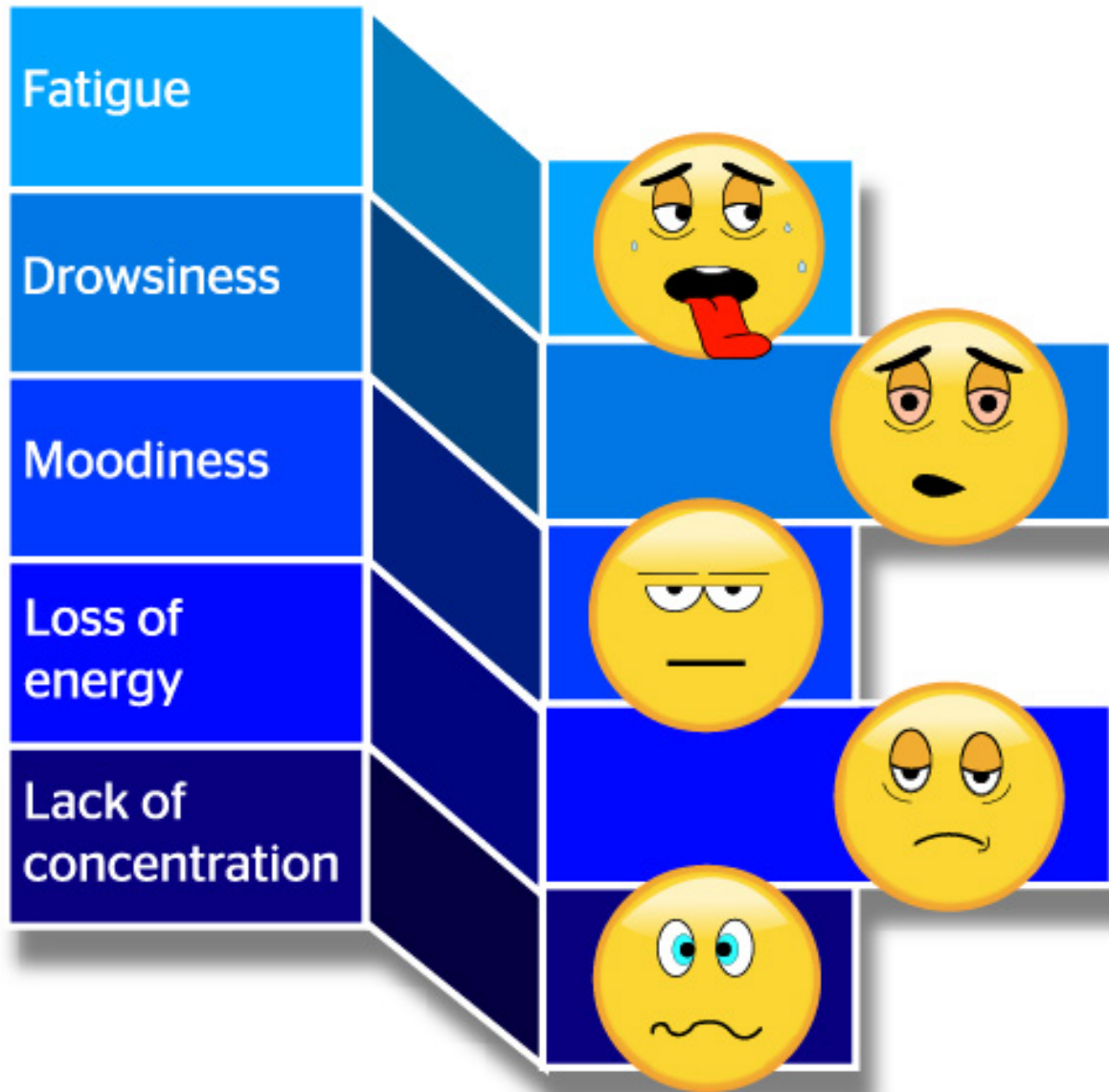


Trouble **Sleeping?**

Insufficient sleep causes:



Establish and maintain a sleep routine:

- Avoid caffeine and nicotine three to four hours before going to bed.
- Create a good sleep environment, including a comfortable room temperature, minimal noise and sufficient darkness.
- Go to bed and wake up the same time each day.
- Aim to get seven to eight hours of sleep per night.