

Sleep Better

A practical guide to deeper, more restful sleep: how sleep works, your ideal rhythm, a calm evening routine, the perfect bedroom, food, drinks and exercise, quieting a busy mind, waking at night and when to seek help.

E-BOOK • US LETTER

- Fall asleep faster and wake up rested
- Routines, bedroom, food and a calm mind
- Sleep diary and 4-week sleep plan

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This e-book offers general information about healthy sleep habits. It is not medical advice. If you have long-lasting sleep problems, loud snoring with breathing pauses, extreme daytime sleepiness, or if sleep problems affect your mood or daily life, talk to your doctor. Do not stop or change medication without medical advice.

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