# TRYING TO OVERCOME OCCASIONAL INSOMNIA?

## A LIST OF THINGS NOT TO DO

1. Keep a clock or other time device visible from your bed
2. Sleep in to make up for a bad night of sleep
3. Consume any stimulants like caffeine, nicotine or decongestants within at least 6 hours before bed
4. Try to sleep, instead let sleep come over you
5. Engage in any screen time for at least an hour before bed and while in bed, this includes television

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# SOURCES:

HTTPS://SLEEPANDDREAMS.COM/?P=160

HTTPS://SLEEPANDDREAMS.COM/?P=174

HTTPS://SLEEPANDDREAMS.COM/?P=164