

4 Easy Ways to Improve Your Sleep



1

Make a schedule

Set alarms for both going to bed and waking up (even on the weekends!). This helps regulate your body's internal clock.

2

Create a wind-down routine

Turn off the lights (especially screens), listen to a guided meditation, or read a book one hour before bedtime.

3

Limit caffeine and alcohol intake

Stop drinking caffeine at noon and avoid alcohol a few hours before bed, as it can make it harder to sleep.

4

Optimize your environment

Keep your bedroom dark, cool, and quiet. Consider using blackout curtains, earplugs, or a white noise machine to eliminate disturbances.



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