10 TIPS ON HOW TO BE A WORLD-CLASS SLEEPER

Want better quality shut-eye? Here's what you need to do

MAKE IT DARK

LOG OFF

switch o and zone out.

SET YOUR ROUTINE

TAKE A MINUTE DURING THE DAY

system, priming you to drift o .

CHILL BEFORE BED

CREATE YOUR SANCTUARY

KEEP IT QUIET

WORK OUT

GO HERBAL

TAKE A BREAK FROM TRYING

THE HOPEFULL INSTITUTE