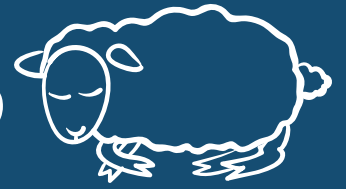


ICANCOPE: TIPS TO IMPROVE YOUR SLEEP



GENERAL TIPS



Make a sleep-wake schedule and stick to it!



Don't catch up on weekends. Wake up within 1-2 hours of your usual routine.



If you must nap, do it early and keep it short (30-45 min).



Slow down and relax before bed.



Limit electronics before bed.



Use your bed only for sleeping and not for other activities.

DEVELOP HEALTHY LIFESTYLE HABITS



Get regular exercise.



Eat regular meals.



Limit caffeine.



Avoid alcohol and nicotine.