

A photograph of a bed with white linens and pillows, serving as the background for the text. The bed is neatly made with several pillows at the head of the bed and a white sheet covering the rest. The lighting is soft, highlighting the texture of the fabric.

## THE PREKURE SLEEP GUIDELINES

1. Get into a routine. Go to bed and get up at similar times.
2. Keep your bedroom cool, dark, and quiet.
3. Avoid bright light and caffeine before bedtime.
4. Keep electronic devices and screens out of your bedroom.
5. Make sure you get exposed to natural light, especially sunlight during the day.
6. Alcohol disrupts sleep, avoid too much alcohol.
7. Being active and physically tired helps with the quality and quantity of sleep.