

Healthy Sleep Habits

Good sleep is essential for mental and physical well-being. Follow these habits for better rest:

1. Maintain a consistent sleep schedule — go to bed and wake up at the same time daily.
2. Avoid screens (phones, laptops) at least 30 minutes before bed.
3. Keep your bedroom dark, quiet, and cool for comfort.
4. Avoid caffeine or heavy meals before sleeping.
5. If you can ' t sleep, try reading or gentle breathing instead of scrolling.

Healthy sleep leads to sharper focus, better mood, and improved performance!