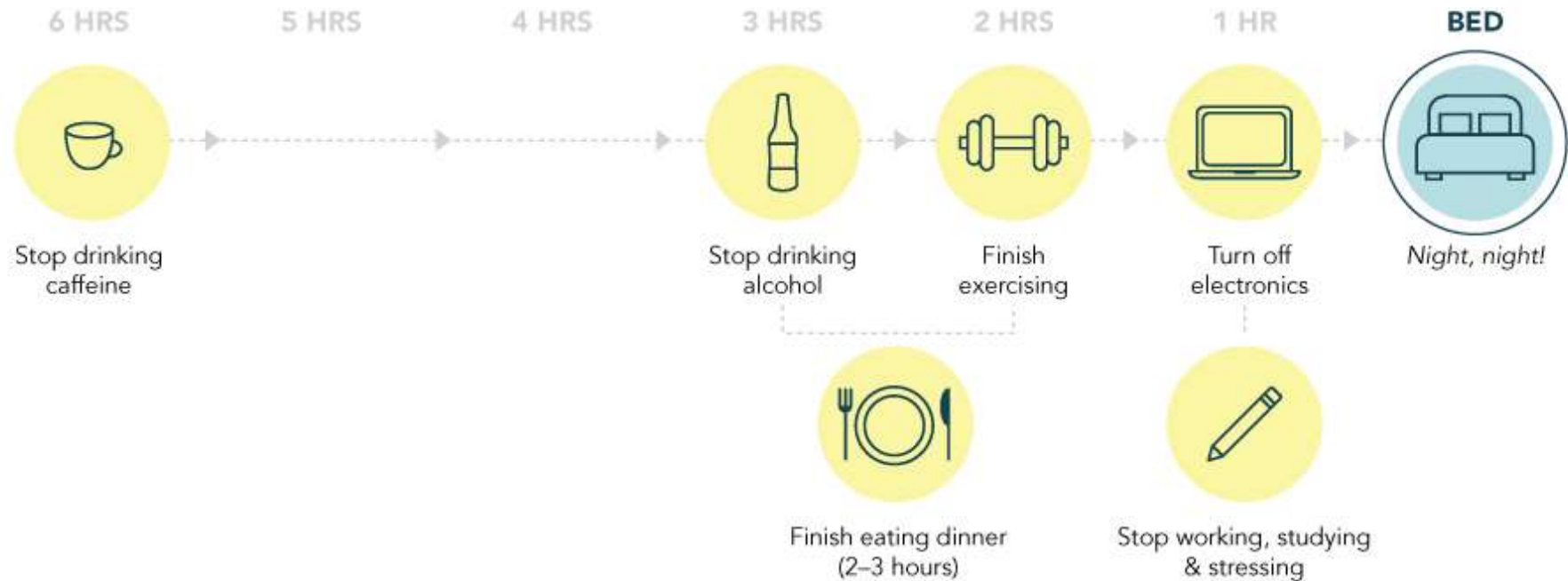


The Perfect Night's Sleep Starts Long Before You Get Into Bed

Searching for the ever-elusive perfect night's sleep? Prevent sleep sabotage by sticking to this pre-bedtime timeline.

HOURS BEFORE BED ►



Sources: National Sleep Foundation, Michael A. Grandner, Ph.D., WebMD

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