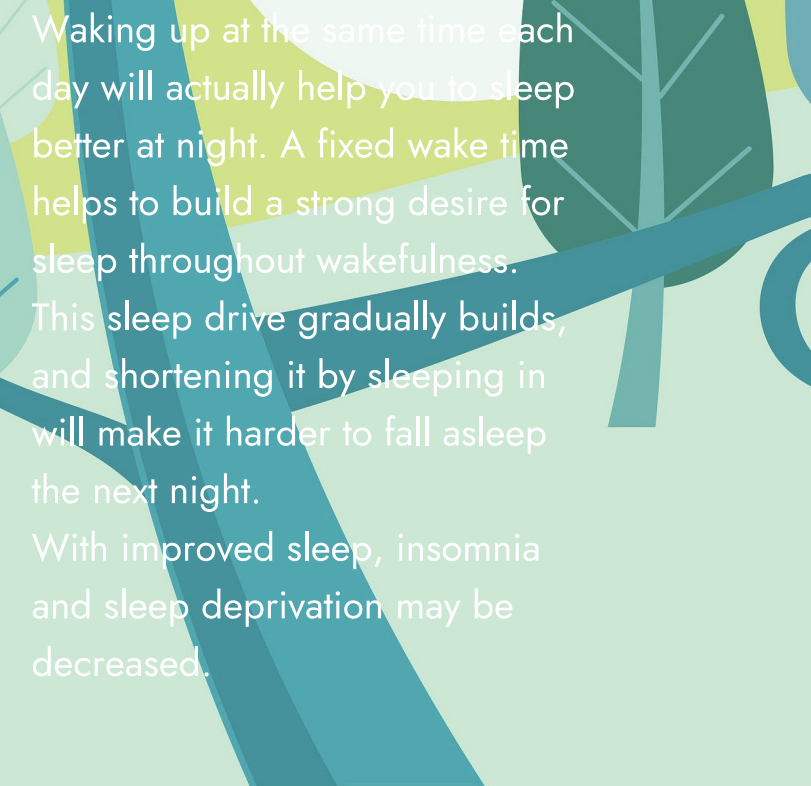


**WhoaBot**

# Lifestyles

Odd schedules, unhealthy  
habits & disruptive patterns  
Let's tackle these with the help  
of some simple tips and tricks

**Keep a  
constant  
wake time**

An illustration of a large, dark blue tree trunk on the left, with a path leading from the bottom left towards the right. The background is a mix of light green and yellow, suggesting a forest or park setting.

Waking up at the same time each day will actually help you to sleep better at night. A fixed wake time helps to build a strong desire for sleep throughout wakefulness.

This sleep drive gradually builds, and shortening it by sleeping in will make it harder to fall asleep the next night.

With improved sleep, insomnia and sleep deprivation may be decreased.

An illustration of a person with brown hair, wearing a green shirt, sitting and reading a large white book. The background is a solid light blue with a few white clouds. A yellow sun is partially visible on the left side.

# Unplug Yourself

It is recommended that you should stop using electronic devices, like your cellphone, at least 30 minutes before bedtime. Instead, grab the book that's been tucked away in your nightstand and start reading



before bed.

Staring at a screen delays your body's internal clock, suppresses the release of the sleep-inducing hormones, and makes it more difficult to fall asleep.

# Sleeping Habits

Reevaluate your sleeping habits.

- \* Keep a regular sleep schedule.

Try to go to bed around the same time each night and wake up around the same time each morning.

- \* Cut down your intake of caffeine and alcohol before bed.


- \* Try some form of aerobic exercises like swimming, jogging, tennis, etc

- \* Try not to eat anything before bed. Eating increases brain

activity, which can cause nightmares.



# Make yourself Comfortable



Sleeping in a cool, quiet, and dark room is ideal. Use black out shades to eliminate early morning light. Turn off your cell phones at night so that any emails or texts you receive will not disturb your sleep. Check for and remove distractions — light, heat, noise, or other things that may cause stress. Consider adding ear plugs, blackout curtains, or white noise to your bedroom.

# Sweet Dreams, friend!

Hope these tips help you to get the much needed Z's, and you wake up full of zest – ready to conquer the day!

Remember that you are loved. Cheers! –  
WhoaBot