

5 QUICK TIPS FOR better sleep

1. set a schedule.
2. avoid booze, caffeine, big meals & nicotine after 8pm
3. take a hot bath before bed
4. relax before bed
and do a breathing exercise
breath in for 4 seconds
hold for seven seconds
breath out for 8 seconds
5. don't take your phone or ipad to bed

IF YOU HAVE ANY WORRIES YOU
WANT TO TALK THROUGH CALL THE
EJSU PADRES ON +32 470 66 45 82
OR +32 473 62 96 33