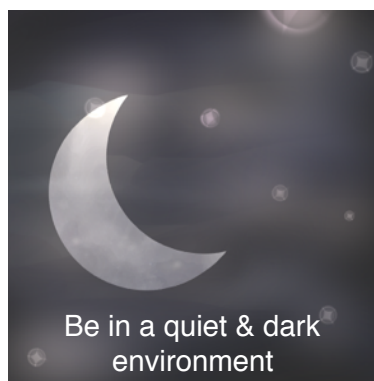


SLEEP HYGIENE

GETTING YOURSELF READY TO SLEEP



MAKING YOUR BRAIN THINK IT'S TIME TO SLEEP



MAKING YOUR BODY THINK IT'S TIME TO SLEEP

