



5 Tips for Better Sleep

Quality sleep is linked to almost every area of health. And yet, many of us still struggle to get the rest we need.

Try these 5 tips to help you sleep better at night:

1. **Nap with caution.**
2. **Create a restful environment.**
3. **Get into a routine.**
4. **Don't watch the clock.**
5. **Use natural light.**

Want more?

For more tips to help you sleep better, visit **PacificSource.com/bettersleep**.



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