3 TIPS FOR QUALITY SLEEP



CREATE A COMFORTABLE ROOM ATMOSPHERE

Make sure your bedroom is clean, tidy, and has dim lighting. A cool temperature and a comfortable mattress also help you sleep better.



REDUCE GADGET USAGE BEFORE BED

Try to stop using gadgets at least 30 minutes before bed. Replace it with reading a book or light meditation for relaxation.



SET A REGULAR BEDTIME

Go to bed and wake up at the same time every day. This habit makes the body more sleepy at night and fresh when you wake up in the morning.



LIVEWORKSHEETS