

# WHAT DOES GOOD SLEEP LOOK LIKE?



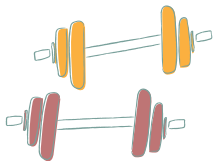
A minimum of 7 hours of consecutive sleep



Keep it cool: 60- to 67° Fahrenheit is optimal



Get some natural light during the day



Regular exercise in the morning or afternoon



Avoid caffeine and nicotine at least 6 hours before bed