

# 5 Habits that will Help You Sleep Better

Here are five habits that encourage good sleep hygiene. Get the details: <https://getmosleep.com/the-5-sleeping-habits-of-sleep-pros/>



☐ 1. Stick to a Sleep Schedule

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☐ 2. Say No to Stimulants

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☐ 3. Move Your Body Towards Sleep

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☐ 4. Don't Take Naps

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☐ 5. Avoid Snacking Right Before Bed

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