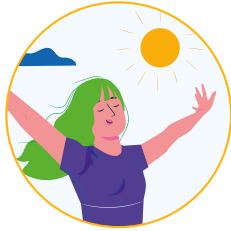


GOOD QUALITY SLEEP

GO OUTSIDE

And get some sunlight, particularly in the morning, to balance your biological clock



EXERCISE

Do some physical activity regularly, but stop at least 3 hours before bedtime



MODERATE

Your consumption of stimulants: coffee, tea, fizzy drinks, energy drinks...particularly after 2 p.m.



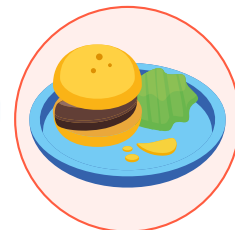
STICK

To regular times for getting up and going to bed



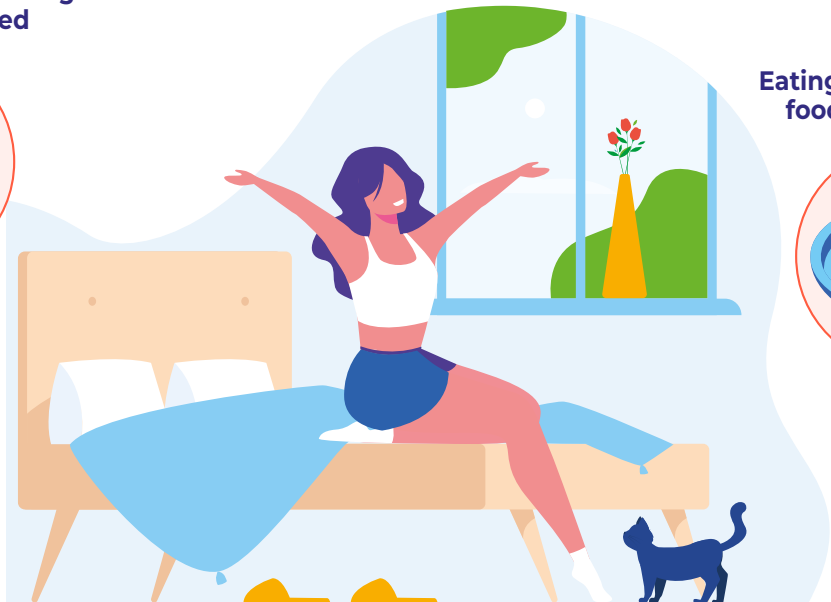
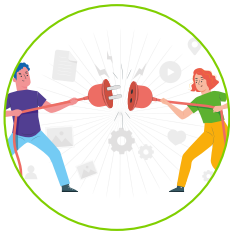
AVOID

Eating rich, indigestible food in the evening



SWITCH OFF

At least one hour before bedtime and leave screens switched off until morning



CHOOSE

Relaxing evening activities: soft music, reading, relaxation, etc.



MAKE

Sure your bedroom encourages sleep: dark, quiet, the right temperature (19°C)



DON'T SPEND

Too long in bed before you go to sleep, to ensure that in your mind bed = sleep



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