



10 SIMPLE WAYS TO FALL ASLEEP QUICKLY

1. Drink Some Warm Milk



2. Read A Book Before Bed



3. Set A Formal Bedtime



4. Eat A Healthier Diet



5. Keep Your Room Cool



6. Practice Yoga Before Bed



7. Meditate



8. Cut Out The Caffeine



9. Turn Off The Electronics



10. Invest In Some Blackout Curtains

