



# 10 SIMPLE WAYS TO FALL ASLEEP QUICKLY

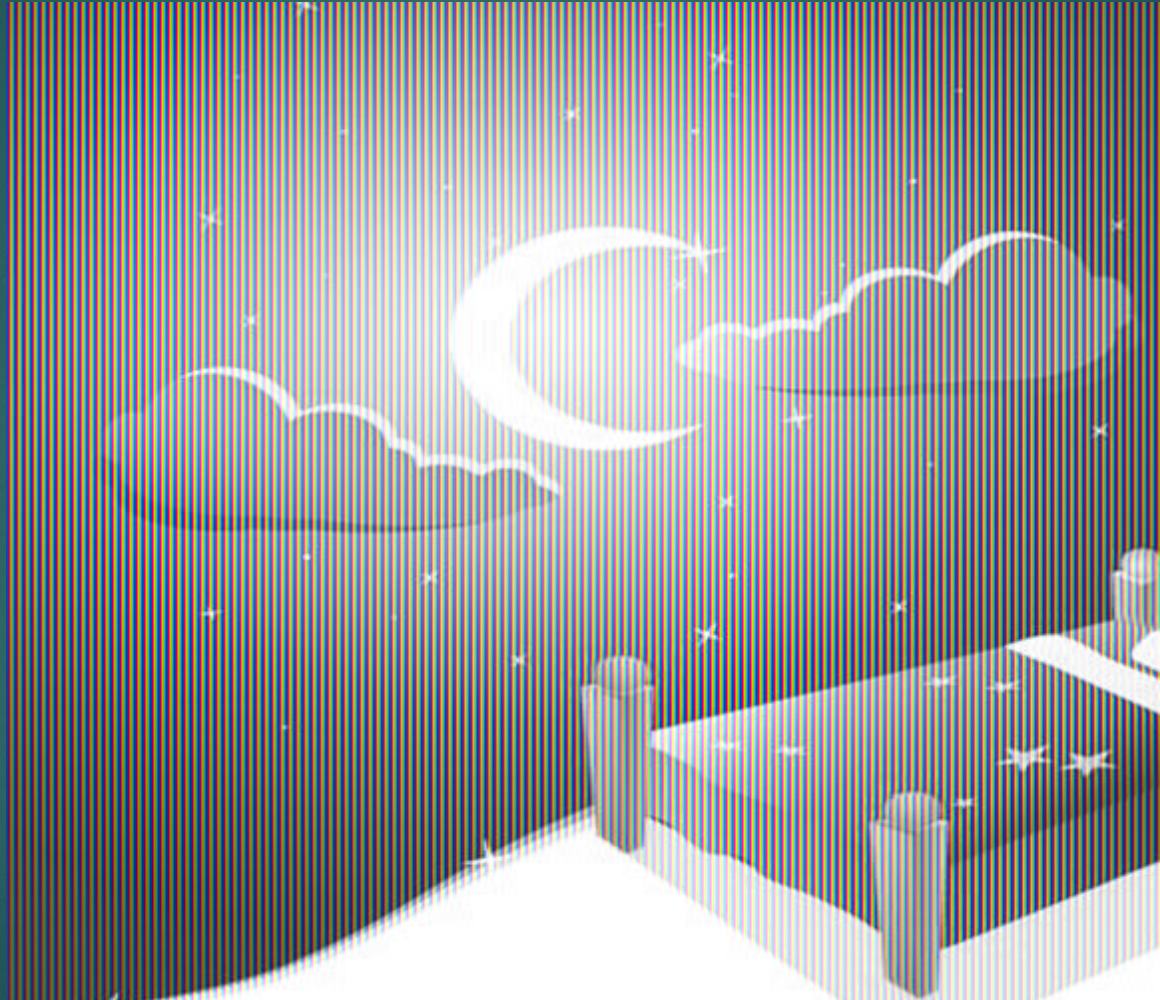
# 1. Drink Some Warm Milk



## 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

