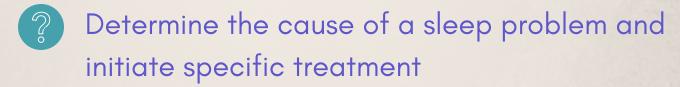


Sleep



6 Top Tips!



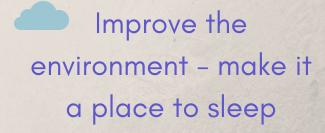


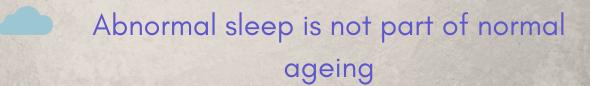


Limit naps to 1 h in the early afternoon



Adjust medications







Avoid all caffeine it's half life is 5-6 hours!



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