How to have a good sleep
Bedroom Environment
Set suitable temperature
Decorate your bedroom
Try light background music
Turn off all the lights
Ban pets from bed
Hush Noise
Adequate natural day light into bedroom
Time management
Good sleep schedule
Limit daytime naps
Dont' use laptops in bed
Use quality pillows & mattress
Free your mind
Be cafeful with sleeping pills
Avoid alcohol and cigarettes
Do daily exercises
Avoid eating too much for dinners
Keep fitness
Wash your head
Get rid of late TV show