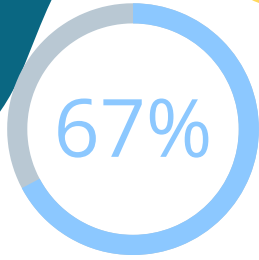
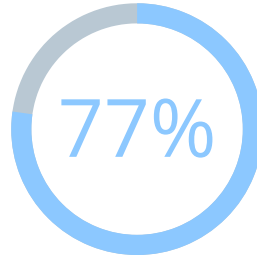


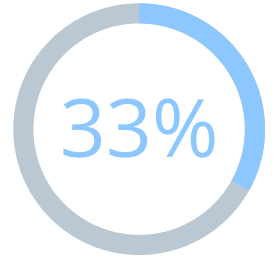
5 WAYS TO FALL ASLEEP QUICKER



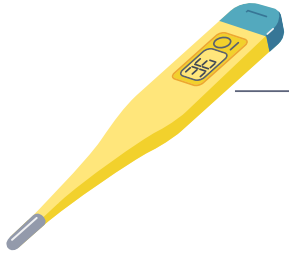
People who face at least some issues while falling asleep



People wish they could fall asleep faster



People do not get adequate sleep (at least 7 hours)



1

Decrease room and body temperature

2

Create a sleeping schedule



3

Practice meditation

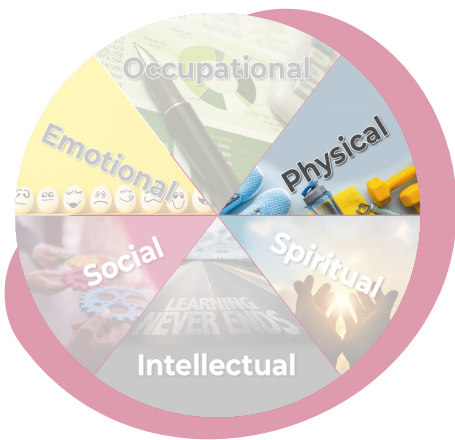
4

Avoid using phones before



5

Exercise



FOR MORE INFORMATION



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