



Tips

för att



sova



gott.



1.

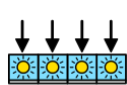
Stig upp



samma



tid



varje dag.



2.

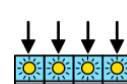
Lägg dig



samma



tid



varje dag.

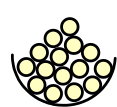


3.

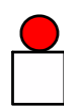
Rör på



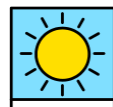
dig



mycket



på



dagen.



4.

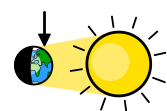
Var



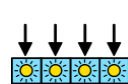
ute



i



dagsljuset



varje dag.

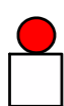


5.

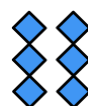
Ät



nyttig mat



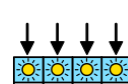
på



samma



tider



varje dag.



6.

Använd



inte



koffein,



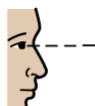
alkohol



och



nikotin.

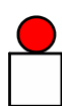


7.

Titta



inte



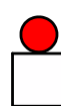
på



telefonen



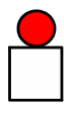
sent



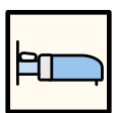
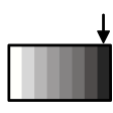
på



kvällen.

9.  Sov  inte  på  dagen.

10.  Oro  och  stress  kan göra  det  svårt att sova.

11.  Låt  sovrummet  vara  svalt,  mörkt  och  tyst.