

## **Importance Of Sleep Harvard Health**

**Importance Of Sleep Harvard Health** *\*FREE\* importance of sleep harvard health* Practice good sleep hygiene. Use your bed for sleep and sex only, block as much noise and light as possible, go to bed and wake at the same times each day, and get out of bed if you haven't fallen asleep within 20 minutes. Nap if needed. If you like to nap, get your daytime shut-eye in midday. Naps late in the day can interfere with sleep later.

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