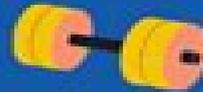


# How to Get a Better Sleep at Night



Exercise during the day



Maintain a consistent sleep schedule



Unplug from electronic devices



Turn off all lights in your bedroom



Take a warm bath or shower



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iso 2008 the only way to meet 7.1 is to do everything from 7.2.1 to 7.6 excluding any requirement that you can justify  
excluding yourself from