

# TOP TIP

## Healthy habits for good sleep:

- Set a consistent sleep schedule
- Create a relaxing bedtime routine like reading or listening to calming music
- Make sure you exercise at least 2 hours before bed
- Have a small, healthy snack before bedtime
- Limit caffeine and avoid alcohol and nicotine



**FOR FREE DIETARY ADVICE,**

contact the Pick n Pay dietitian at [healthhotline@pnp.co.za](mailto:healthhotline@pnp.co.za)