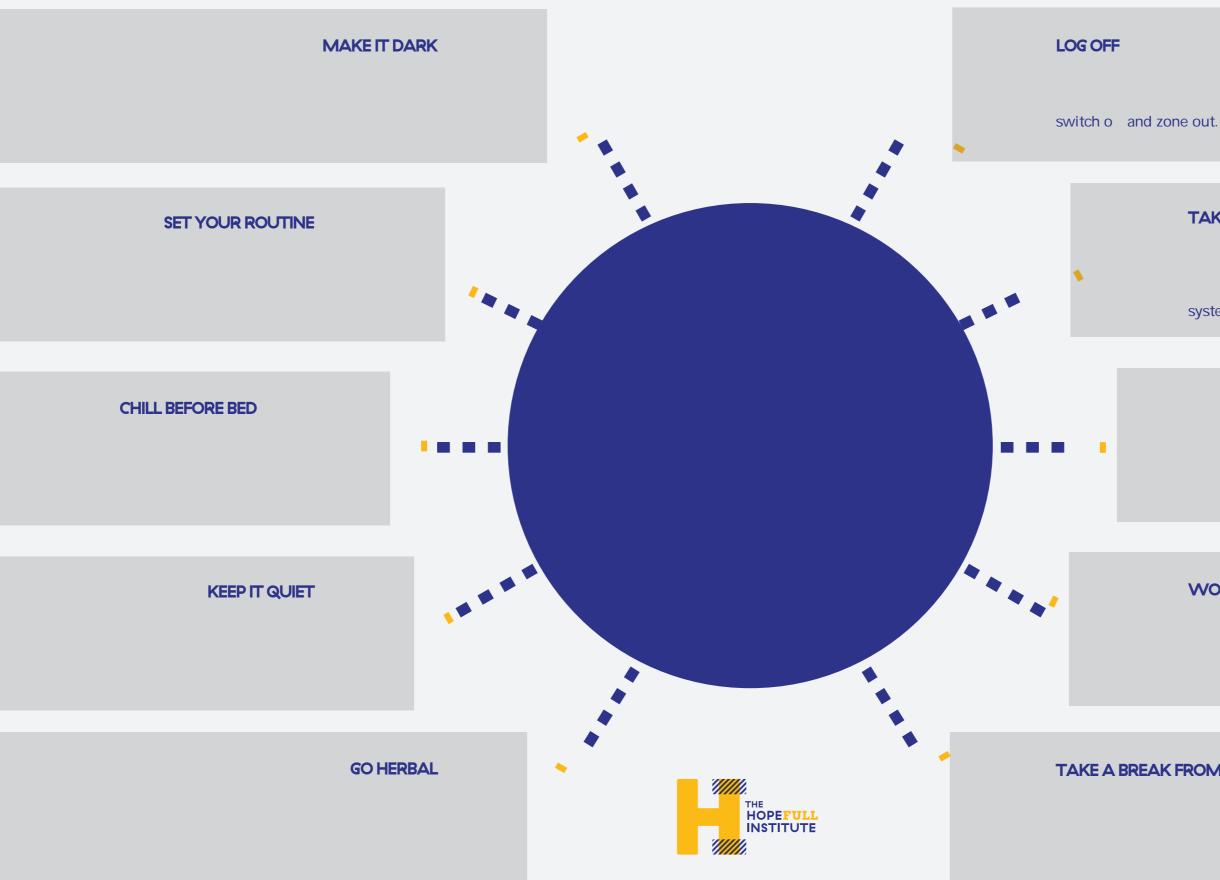
## **10 TIPS ON HOW TO BE A WORLD-CLASS SLEEPER**

Want better quality shut-eye? Here's what you need to do





TAKE A MINUTE DURING THE DAY

system, priming you to drift o .

**CREATE YOUR SANCTUARY** 

WORK OUT

TAKE A BREAK FROM TRYING