

# 5 Habits that will Help You Sleep Better

Here are five habits that encourage good sleep hygiene. Get the details: <https://getmosleep.com/the-5-sleeping-habits-of-sleep-pros/>

---

1. Stick to a Sleep Schedule

---

2. Say No to Stimulants

---

3. Move Your Body Towards Sleep

---

4. Don't Take Naps

---

5. Avoid Snacking Right Before Bed

---

1. Stick to a Sleep Schedule 2. Say No to Stimulants 3. Move Your Body Towards Sleep 4. Don't Take Naps 5. Avoid Snacking Right Before Bed

---