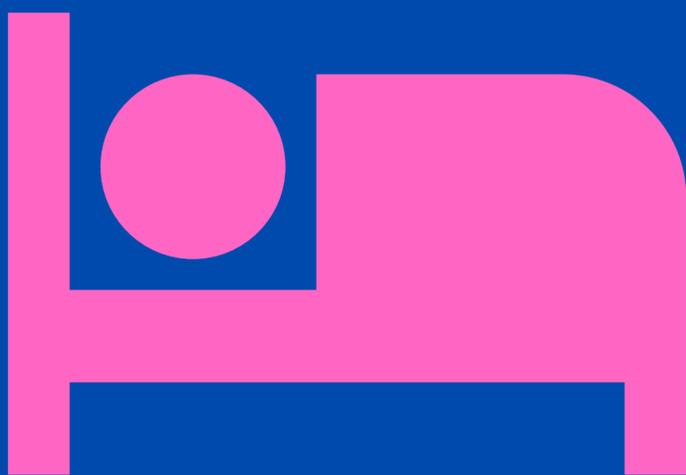


Sleep for better health and fertility!

Ways to improve your sleep

- create evening routines for yourself
- follow regular sleep rhythm
- relax before going to bed
- avoid drinking coffee, tea, alcohol, cola or energy drinks in the evenings



- eat light supper
- avoid blue lights of electronic devices before going to bed
- schedule physical exercise in the afternoon
- the bedroom for good sleep is dark, cool and has a comfortable bed!



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