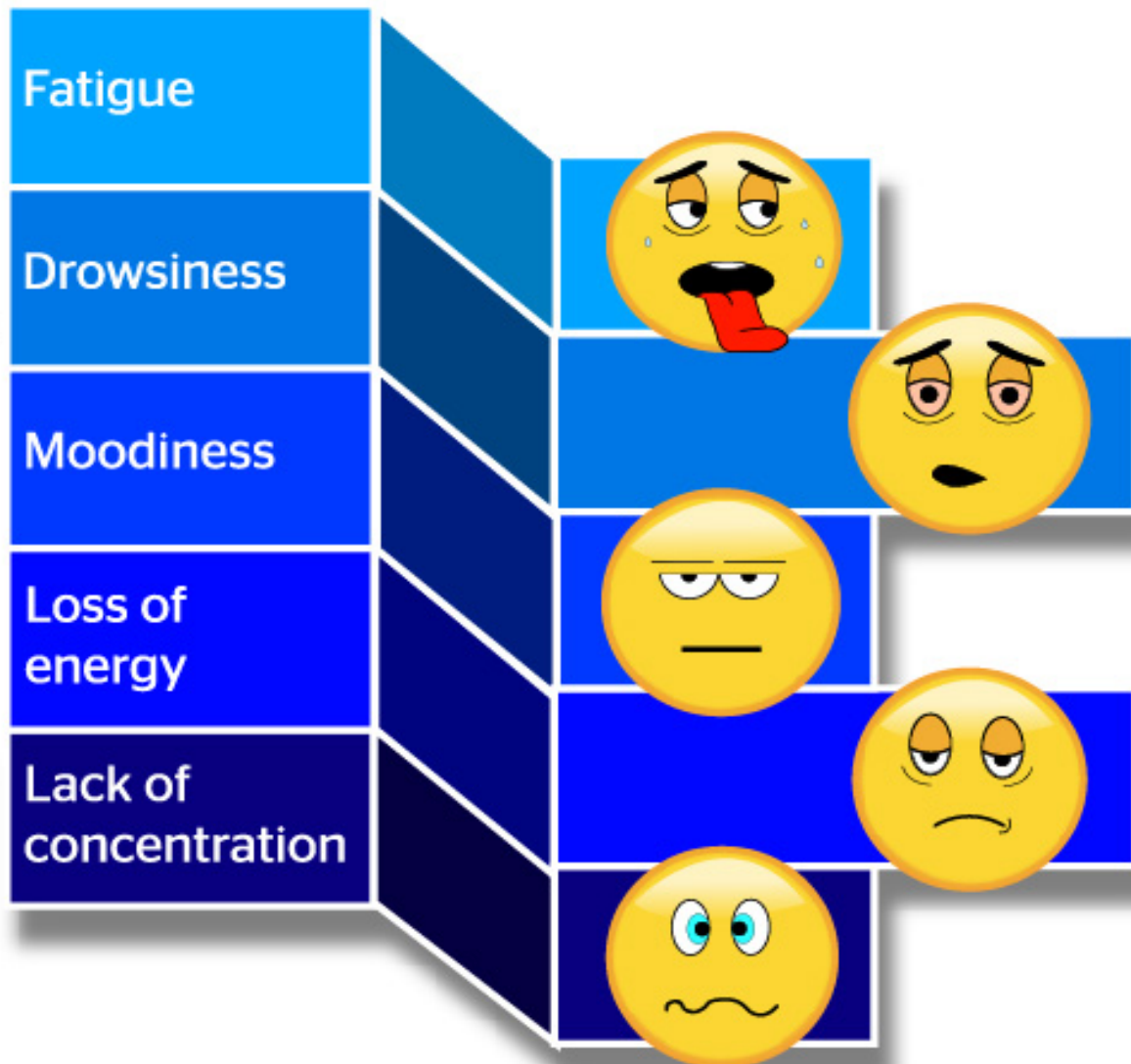


# Trouble **Sleeping?**

---

**Insufficient sleep causes:**



---

**Establish and maintain a sleep routine:**

- Avoid caffeine and nicotine three to four hours before going to bed.
- Create a good sleep environment, including a comfortable room temperature, minimal noise and sufficient darkness.
- Go to bed and wake up the same time each day.
- Aim to get seven to eight hours of sleep per night.

*Brought to you by*

**INTEGRITY CONSULTING GROUP**  
104 Interchange Plaza, Suite 202  
Monroe Township, NJ 08831  
Tel: (888) 737-4313

March 2018