

tu **salud**  
nos mueve

## Sleep well, rest better

Take note of the following advices that may help you improve your sleep quality:



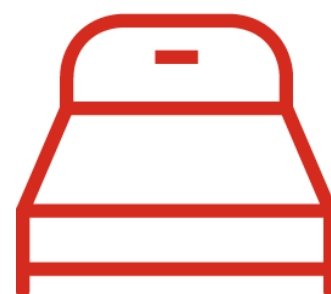
Sleep in **total darkness**



Wait **90 minutes** before going to sleep



Set **airplane mode** or **keep your mobile away** from your bed



Take care of your sleep best friend: **your mattress**



And before going to sleep... **relax**

