

THE 10 BEST NATURAL REMEDIES FOR INSOMNIA



Set a Sleep
Schedule



Exercise Daily



Tame Sleep
Anxiety



Try Relaxation
Techniques



Make Your Room
Sleep-Friendly



Try Sleep Apps



Eat Sleep-Friendly
Foods



Consider
Acupuncture



Meditate



Do Yoga

Home Remedies To Prevent And Treat Insomnia

G Psacharopoulos



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