

HOW TO LIVE A HEALTHY LIFESTYLE



**HEALTHY
LIFESTYLE**

**BY
VIKRAMJIT SINGH**

Chapter 1: Sleep Like a Baby



Problem: Disturbed sleeping schedule.

Daily Life Examples: Staying up late scrolling on your phone, inconsistent wake-up times, struggling to fall asleep due to overthinking.

Solutions

- **Small Actions:** Set a consistent sleep-wake time, use blue light filters, and incorporate a 5-minute relaxation routine.
- **Practical Tips:** Swap late-night scrolling with an audiobook or light reading.

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