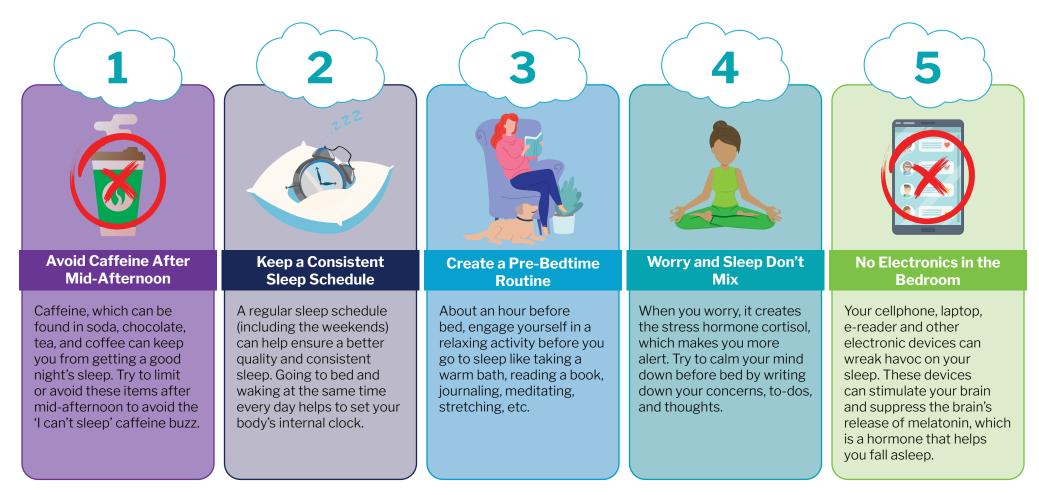


5 Ways to Sleep Well



According to the Centers for Disease Control and Prevention (CDC), you should be getting at least seven hours of sleep each night. Sleep is essential for maintaining a healthy, productive, and low-stress lifestyle. If you're having trouble getting enough sleep every night, try these five tips.



For more ideas on how to sleep well, check out www.unh.edu/health.