

**1. Krátko opíš, čo sa myslí nasledujúcimi tipmi, ktoré sú povedané vo videu.**

1. You should wake up and go to sleep at around the same time every day whether it's a workday or a weekend.
2. Our bodies fall asleep and stay asleep easier in colder environment.
3. We need darkness to trigger the release of melatonin.
4. We shouldn't stay in bed awake for a long time. If you can't fall asleep, go and do something different.
5. Stay away from caffeine before bed. Don't go to bed tipsy.
6. It takes time for our bodies to get to the sleep mode.