

SLEEP PROBLEM:



TEMPERATURE

TRY THIS

Keep your thermostat set at 65 degrees to sleep cool and stay chill.



Casper

SLEEP PROBLEM:



SUNDAY NIGHT INSOMNIA

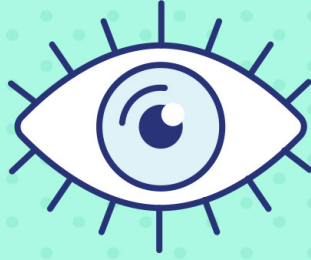
TRY THIS

Get up at the same time on the weekends as you do on the weekdays.



Casper

SLEEP PROBLEM:



NOT TIRED

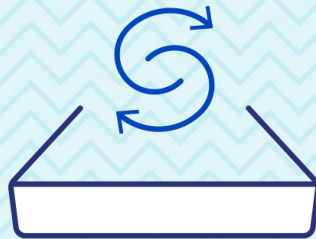
TRY THIS

Tuck away your phone and pick up a book to bring on the zzz's.



Casper

SLEEP PROBLEM:



DISCOMFORT

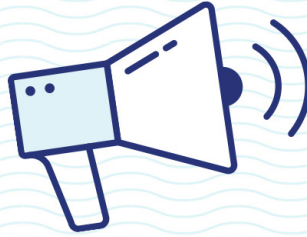
TRY THIS

Invest in a well-designed mattress, breathable bedding, and proper sleepwear.



Casper

SLEEP PROBLEM:



NOISE

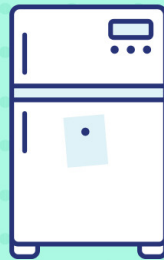
TRY THIS

Try ear plugs or white noise to help cover up outdoor or indoor-related disturbances.



Casper

SLEEP PROBLEM:



HUNGER

TRY THIS

Spring for a light, carb-heavy snack to satisfy your late-night cravings.



Casper

SLEEP PROBLEM:



ANXIETY

TRY THIS

Try using a meditation app right before bed or stretching before you get under the covers.



Casper

SLEEP PROBLEM:



BUSY MIND

TRY THIS

Develop a pre-bedtime ritual to help you (and your mind) wind down.



Casper