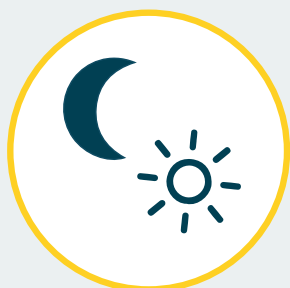


LESS TIME IN BED



Are you a morning or an evening person?



Decide what time you go to bed and when you will get up.



Think of something nice to do if you stay up late or get up earlier than usual.

