

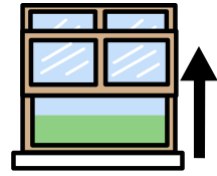
# Sleep well



clean room



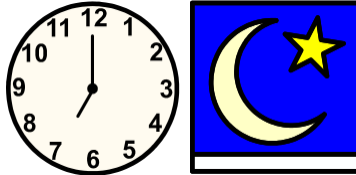
make bed



window  
open



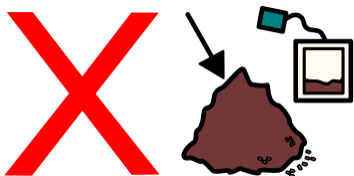
air freshner



after 7pm  
at night



do not eat



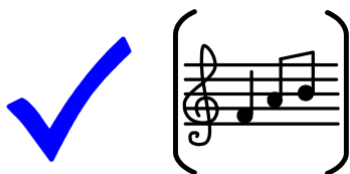
no  
coffee/tea



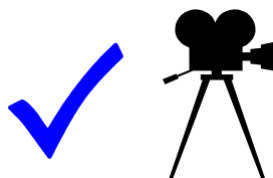
no exercise



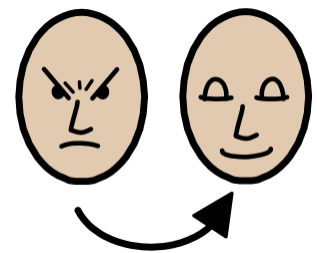
yes bath



yes music



yes watch  
film



relax