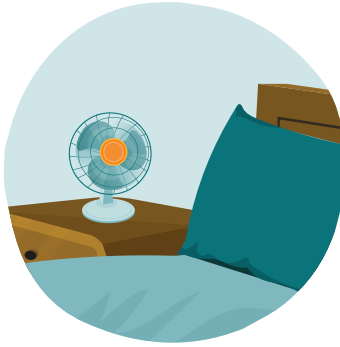


Tips to Manage Excessive Daytime Sleepiness



Go to bed and wake up at the same time every day.



Create a relaxing sleep environment that's cool, dark, and quiet.



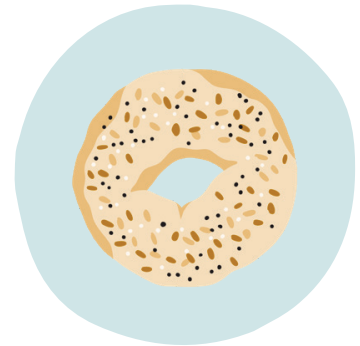
Avoid consuming caffeine at least 8 hours before bedtime.



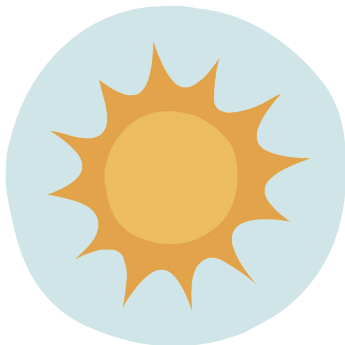
Listen to upbeat music during the day.



Exercise regularly.



Limit high carbohydrate meals and foods that spike your blood sugar.



Spend more time during the day in brightly lit spaces.



Nap for 30 minutes or less early in the afternoon.