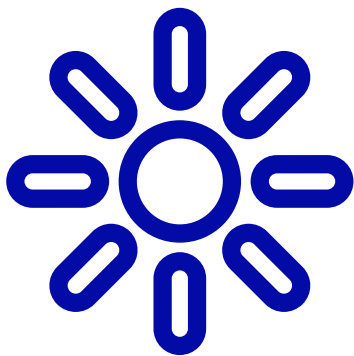
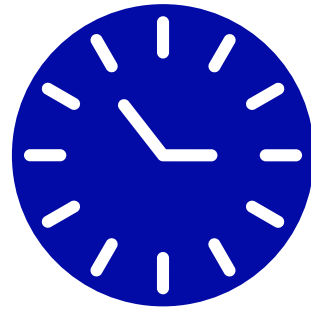


# TIPS FOR THOSE EXPERIENCING PSYCHOSIS

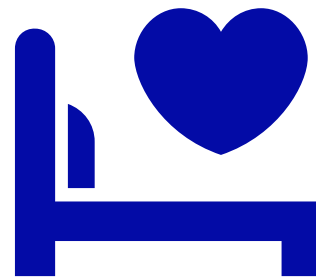


**1. KEEP A REGULAR  
SLEEP ROUTINE —WAKE  
UP AT THE SAME TIME  
EACH DAY**



**2. GET REGULAR  
EXPOSURE TO  
OUTDOOR OR BRIGHT  
LIGHTS**

**3. ONLY USE YOUR  
BEDROOM FOR SLEEP,  
SEX, AND GETTING  
DRESSED**



**4. KEEP THE  
TEMPERATURE IN  
YOUR BEDROOM  
COMFORTABLE**



**DON'T WORRY, WE WILL BE WITH YOU!**