

# SLEEP HYGIENE CHECKLIST

Want deeper sleep? Who doesn't?!

Use this sleep hygiene checklist to re-enforce healthy habits that help you sleep better at night.

## 30 tips to help you sleep like a baby!

- 1 20-minute naps only**  
Short power naps can increase your alertness and improve your mood, while long naps can interfere with your normal sleep cycle.
- 
- 2 Avoid napping if you can**  
If you didn't get enough sleep last night, it may be better to avoid napping completely so it doesn't upset your normal sleeping schedule.
  - 3 Go to bed at the same time**  
Sticking to a regular schedule is the key to cultivating healthy sleep habits.
  - 4 Get up at the same time**  
See above ;)
  - 5 Get Vitamin D from the morning sun**  
Bask in some natural sunlight first thing in the morning to wake yourself up!
- 
- 6 Can't fall asleep? Go do something**  
If 20 minutes pass by and you're still awake, get up and do some light activity (like reading or meditating).
  - 7 Don't work in bed**  
Use your bed strictly for sleeping, and not working or eating!
  - 8 Invest in a good mattress**  
This one's a no-brainer. If you need help in choosing one, check out [sleepsavvy.com](http://sleepsavvy.com).
  - 9 Pair your bed with fresh bedding**  
Clean, crisp sheets. Don't we all sleep better on a pile of freshness?

- 10 Say NO alcohol, caffeine and nicotine**  
Ditch the booze. At least 4-6 hours before bed. We all know these are stimulants!
  - 11 Eat healthy and on time**  
Keeping to consistent meal times mean that our bodies know when to rest and when to digest. Try not to throw it off schedule.
  - 12 Avoid eating before bed**  
If your body is working overtime when it should be resting, you probably won't sleep like a baby.
  - 13 No water right before bed**  
Don't want multiple midnight pee breaks? Don't drink too much water and empty out your bladder before bed.
  - 14 Exercise daily**  
Unleash all your excess energy in the gym, so you can fully recharge at night.
- 
- 15 Avoid exercising at night**  
The best time to work out is first thing in the morning, but if you can only go at night, do it at least 2-4 hours before bed.
  - 16 Follow an evening ritual**  
How you end your day is important too - consider stretching or meditating an hour before bed.
  - 17 Take a hot bath**  
Relax your mind, relax your body and welcome sleep.
  - 18 Keep eyes off the clock**  
It causes more anxiety than not, especially when you wake up in the middle of the night. So don't check the time!
  - 19 Stay away from screens**  
Blue light from our smart devices keeps us awake later, so practice being 'tech-free' at least 2H before bed.



# Quick Sleep Hygiene Tips Usa For Beginners

**Richard Bailey**



## **Quick Sleep Hygiene Tips Usa For Beginners:**

**Advanced Yoga Practices - Easy Lessons for Ecstatic Living** Yogani,2004-12 The premise of Yoga is simple There is an outer reality and an inner one and our nervous system is the doorway between them Effective Yoga practices stimulate and open that doorway The result Peace creativity happiness and a steady rise of ecstatic bliss radiating from within us Advanced Yoga Practices AYP brings together the most effective methods of Yoga in a flexible integrated system that anyone can use Instructions are given in plain English for deep meditation spinal breathing pranayama bodily manipulations asanas mudras and bandhas tantric sexual practices and other methods that are systematically applied to swing open the door of our nervous system to permanent higher experience This is a non sectarian approach that is compatible with any belief system or religious background There are over 240 easy to follow lessons here including many hands on questions and answers between Yoga practitioners and the author Whether you are a beginner or a veteran in Yoga the AYP lessons can serve as a useful resource as you travel along your chosen path What readers are saying about the AYP lessons I searched for years to find a method of meditation that I can do This is do able AN I ve learned more about yoga in 4 months than in the previous 30 years of study SL This is a very valuable inspiration for people taking up and maintaining meditation DB Spinal breathing pranayama makes me feel so ecstatic I want to do it all the time YM After my first meditation session I never felt so relaxed You made me a believer JF You make everything seem so simple yet the practices are profound and dynamic SS I wish I had this kind of information when I started some 15 years back AD I love the way you explain everything So simple logical and so safe RY These are the best lessons I have read on yoga anywhere RD Additional reader feedback is included in the last section of the book

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**Heal Faster** Victoria Maizes,2026-01-13 Discover how to harness your body s innate healing mechanisms to recover faster and more completely from virtually any condition from common colds to

chronic disease by the author of Be Fruitful and cohost of the Body of Wonder podcast and in collaboration with the AARP What if your body already has all the healing tools it needs and you just need to learn how to activate them In this groundbreaking book Dr Victoria Maizes a pioneer of integrative medicine reveals the remarkable power of what she calls the rapid recovery reflex your body s built in ability to restore balance and heal from illness injury and stress Drawing on forty years of medical experience and cutting edge research Dr Maizes shows that complete recovery is possible for a wide range of conditions when you know how to support your body s natural healing processes From short term ailments like colds and sprains to chronic conditions like asthma and diabetes to recovering from surgery this book offers evidence based strategies to heal faster and more completely Inside you ll discover Science backed strategies that can speed up recovery from common ailments like GERD UTIs anxiety asthma and eczema chronic conditions and even surgery Surprising reasons why you should sometimes let your body s natural inflammatory response do its healing work A personalized Recovery Toolkit with essential supplements practices and remedies for different conditions Integrative tools that really work when managing mental health stress and anxiety Rather than merely treating symptoms Dr Maizes shows how to address the root causes of illness while providing practical tools for activating your rapid recovery reflex This comprehensive guide empowers you to take charge of your health and tap into your body s remarkable ability to heal itself **Rest Easy** Ximena

Vengoechea,2023-09-26 Brimming with encouraging wisdom easy to follow guidance and illuminating illustrations Rest Easy is an antidote to burnout culture and an invitation to find joy balance and energy through the transformative power of rest This thought provoking book is highly recommended for anyone needing better rest habits Library Journal starred review Rest Easy invites you to experience the life changing power of resting your mind body and spirit In these pages rest expert Ximena Vengoechea explores the power of rest and guides you through dozens of proven methods for relaxation and renewal including movement sound visualizations journaling time in nature meditative activities and so much more Discover A short quiz that reveals the ideal rest techniques for your personality and lifestyle How to set healthy boundaries and overcome obstacles preventing meaningful rest Bite size practices to incorporate into everyday life for physical mental and spiritual rest **PROVEN TECHNIQUES** The techniques and practices presented in these pages are proven to improve rest reduce stress and boost joy The author distills her research to make a range of rest techniques accessible to everyone allowing readers to experiment with a wide variety of practices and find what best fits their lifestyle and needs **FRESH APPROACH TO HEALTH AND WELLNESS** Through a charming combination of beautiful artwork compelling storytelling engaging sidebars and easy to follow takeaways this book offers a distinctive approach to wellness and well being Warm and inviting Rest Easy is a simple and authentic way to connect and be present for someone in need of gentle encouragement and uplifting support **POSITIVE TIMELY** This book presents contemporary methods for well being in a simple easy to engage format Readers will discover information on practices for mindfulness breathwork yoga and more **MEANINGFUL SELF CARE GIFT** The

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*Healing the Modern Brain* Drew Ramsey, M.D.,2025-03-25 In this essential guide the groundbreaking author of *Eat to Beat Depression and Anxiety* and *The Happiness Diet* explores the ten tenets vital to cultivating Mental Fitness and provides direct actionable techniques to improve brain function and emotional health The human brain the complex organ responsible for our thoughts feelings and actions has long been misunderstood Dr Drew Ramsey argues that to heal our brains we must start considering conditions like depression anxiety ADHD and addiction and the patients living with them more holistically *Healing the Modern Brain* offers a new approach to revitalizing and protecting mental health and achieving Mental Fitness Simply defined Mental Fitness is the knowledge patterns habits and skills that culminate in a more mentally healthy life an approach to living that takes into consideration the unrealistic demands of modern living time choice genetics lifestyle diet habits chemistry movement rest and mindset It is a process that will put your brain in a perpetual state of self repair and evolution and ensure it has the support it needs to overcome daily stress decision fatigue and uncertainty Clear and straightforward *Healing the Modern Brain* provides the knowledge and tools needed to nurture Mental Fitness bringing together the latest scientific research with results from Dr Ramsey s clinical practice to show us how we can put ourselves on the road to healing anxiety and depression and better care for our miraculous modern brains U.S. Government Publications for the School Library Media Center Leticia T. Ekhaml,Alice J. Wittig,1991 *Fast Help for Major Medical Conditions* Caryn E. Anders,Lynn M. Pearce,2000 Instant answers to common medical questions are covered in 100 condition specific essays Also includes lists of associations agencies clinics and treatment centers **National Republican** ,1925 *The Business Chronicle of the Pacific Northwest* ,1917 *The National Republican* ,1925 **American Magazine** ,1927 **House & Garden** ,1923 **U.S. News & World Report** ,2008 *Prairie Farmer* ,1914 **Journal of Health, Physical Education, Recreation** ,1931 *The Journal of Health and Physical Education* ,1934 *American Illustrated Magazine* ,1928 *Normal Instructor and Teachers World* ,1924 *The Christian* ,1875 *Railroad Brakemen's Journal* ,1930

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