

HEALTHY SLEEP HABITS



Improve your sleep with some positive lifestyle changes and consistent sleep habits

1 REGULAR SLEEP SCHEDULE

Try to maintain a consistent sleep pattern 7 days a week. Getting up at the same time every day can help.



2 RELAXING BEDTIME ROUTINE

Spend time before bed relaxing: read a book, meditate, stretch, do yoga, have a shower or bath. Avoid difficult conversations, activities or work.



3 AVOID STIMULANTS

Don't drink caffeine, sugary or energy drinks in the evening. Avoid nicotine before bed. Only drink alcohol in moderation at night, if at all.



4 GOOD SLEEP ENVIRONMENT

Keep your bedroom clean, tidy and comfortable. Use a quality mattress and bedding. Keep the bedroom aired, and a temperature between 60 -70 °F (17-21 °C)



5 BLOCK OUT NOISE AND LIGHT

Make sure the bedroom is dark and quiet. Use blackout curtains or a sleep mask. Use earplugs, white noise, a fan or music to mask external noise.



6 ONLY SLEEP AND INTIMACY

Only use the bed for sleep and intimacy with a partner. Avoid watching TV or using other devices in bed. That will help associate the bed with sleep.



7 EXERCISE AND DAYLIGHT

Try to do regular exercise, but not too intense before bedtime. Spend time outside in the daylight. Even a short walk during the day can improve sleep.



8 EAT WELL

Try to eat a balanced, healthy diet. Avoid heavy, fatty, fried or spicy food late in the evening if you get indigestion. Bananas, yogurt or healthy cereal are good bedtime snacks.



Quick Sleep Hygiene Tips Explained 38097

Arturo Cuomo



Quick Sleep Hygiene Tips Explained 38097:

Unveiling the Energy of Verbal Beauty: An Mental Sojourn through **Quick Sleep Hygiene Tips Explained 38097**

In a world inundated with displays and the cacophony of quick transmission, the profound energy and psychological resonance of verbal art usually disappear into obscurity, eclipsed by the constant barrage of noise and distractions. However, located within the lyrical pages of **Quick Sleep Hygiene Tips Explained 38097**, a fascinating function of literary beauty that pulses with organic emotions, lies an wonderful trip waiting to be embarked upon. Written with a virtuoso wordsmith, this magical opus manuals visitors on an emotional odyssey, lightly exposing the latent possible and profound influence stuck within the complex web of language. Within the heart-wrenching expanse of this evocative evaluation, we shall embark upon an introspective exploration of the book is central subjects, dissect their charming writing style, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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