

Sleep hygiene



Sleep hygiene refers to good sleep habits. The following are some ways of establishing and maintaining healthy sleep routines, and can provide long-term solutions to sleep difficulties:

Routines

Teach your body to get ready for sleep

- Go to bed and get up at regular times
- Develop a personal, relaxing, pre-bed routine e.g. stretching or breathing exercises
- A hot bath 1-2 hours before bed or a warm glass of milk can help
- Teach your body to link 'bed' with 'sleeping' - avoid using the bed to eat, work, read, or use electronic devices



Environment

Are your surroundings suitable for sleep?

- A cooler room with enough blankets for warmth is best
- Use heavy curtains/blinds, an eyemask and/or earplugs to block out light and noise



Diet, exercise and napping

What you do in the day impacts your sleep at night

- Avoid naps, or restrict naps to less than 1 hour before 3pm
- Avoid caffeine, nicotine, and alcohol at least 4-6 hours before bed
- Avoid looking at bright screens (e.g. phone, tablet) 2-3 hours before bed
- Exercise regularly but avoid strenuous exercise within 4 hours of bedtime
- Maintain a balanced diet but avoid a large meal soon before bed



Reactions

How we respond to poor night's sleep can help make or break a poor sleep cycle

- If you can't fall asleep after about 20 minutes, get up, do a calm or boring activity until you feel sleepy, then return to bed
- Avoid frequently checking the clock at night
- Try to do everything you had planned for the day, even if you slept poorly the night before



Advanced Sleep Hygiene Tips Step Plan For Beginners

Minjie Lin



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Precision Medicine, AI and the Science of Personalized Healthcare James Wallace, 2025-09-30 A fascinating combination of patient stories and scientific explanation shedding light on the most promising trend in healthcare today precision medicine In Precision Medicine AI and the Science of Personalized Healthcare senior researcher at Harvard Business School and former CEO of DecisionRx a pioneering medication therapy optimization company James Wallace delivers an eye opening new discussion of how cutting edge precision medicine is transforming the cost access and outcomes of modern healthcare The author relies on real world experiences that showcase the practical human benefits of precision medicine and how those benefits can accrue to people from all walks of life You ll discover how personalized treatments those based on a patient s genetic environmental and lifestyle attributes can do more than traditional medicine to combat a wide variety of genetic disorders chronic illnesses and treatment inefficiencies You ll also learn about precision medicine s potential to lower healthcare costs for everyone while improving outcomes Inside the book Explorations of how precision medicine can address the triple crisis of cost access and quality that currently plagues the US healthcare system Unique combinations of compelling human stories and accessible scientific explanations that render a complex subject approachable and relatable A compelling argument for how the precision medicine movement can transform the healthcare system and the lives of the people who navigate it every day Perfect for healthcare technology and business professionals grappling with the skyrocketing costs of patient care Precision Medicine AI and the Science of Personalized Healthcare is also a must read for healthcare consumers frustrated by the current one size fits all approach to medicine **Best Holistic Life Magazine**

April 2024 Jana Short, 2024-04-01 Embark on an exhilarating voyage towards self empowerment with the April 2024 Best Holistic Life Magazine edition Just as March s issue ignited a spark of transformation this edition continues to be a beacon of holistic innovation transcending the ordinary to guide you on a revolutionary journey of holistic enlightenment and self mastery In this special edition we explore the profound insights of Oliver Ni o best selling author of The Spiritual Activator and esteemed spiritual healer to celebrities Join us on a personal spiritual journey guided by Oliver Ni o acclaimed as the author of Best Holistic Life Magazine s Spiritual Book of the Year 2024 Brace yourself for an inspirational expedition where every page reveals a tapestry of knowledge insights and transformative practices **Health Promotion Throughout the**

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Kudzma,2013-01-01 Up to date and easy to read this textbook provides comprehensive coverage of all major concepts of health promotion and disease prevention It highlights growth and development throughout the life span emphasizing normal development as well as the specific problems and health promotion issues common to each stage All population groups are addressed with separate chapters for individuals families and communities Provided by publisher *Handbook of Pediatric and Adolescent Health Psychology* Anthony J. Goreczny,Michel Hersen,1999 Twenty eight articles written by professionals in children s health psychology review the literature on topics related to various diseases and disorders anorexia diabetes headache burns cystic fibrosis and asthma addiction health promotion e g nutrition and food choice behavior exercise

Rudolph's Pediatrics, 23rd Edition Mark W. Kline,Susan M. Blaney,Angelo P. Giardino,Jordan S. Orange,Daniel J. Penny,Gordon E. Schutze,Lara S. Shekerdemian,Abraham M. Rudolph,Colin D. Rudolph,2018-08-21 Publisher s Note Products purchased from Third Party sellers are not guaranteed by the publisher for quality authenticity or access to any online entitlements included with the product The landmark pediatrics reference completely reinvented by an all new team of editors Rudolph s Pediatrics has virtually defined the pediatric field for over a century becoming one of the most important and well respected pediatrics texts ever published Renowned for its balance of clinical features and treatment of disease with underlying biological principles this classic sourcebook has helped generations of pediatricians optimize their care of infants children and adolescents The Twenty Third Edition of Rudolph s has been completely restructured and streamlined thanks to an all new team of editors whose goal was to reinvent this classic with today s busy practitioner in mind Presented in full color the Twenty Third Edition provides an up to date in depth survey of pediatric medicine unmatched by any other text With its algorithmic approach to pediatric systems the book facilitates the diagnosis and treatment of both common and uncommon pediatric illnesses and it reflects new technologies and advances in molecular medicine that continue to evolve with current thinking about normal childhood development and pediatric disease processes New team of editors achieves

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Principles and Practice of Hospital Medicine Sylvia C. McKean, 2012-04-19 The definitive guide to the knowledge and skills necessary to practice Hospital Medicine Presented in full color and enhanced by more than 700 illustrations this authoritative text provides a background in all the important clinical organizational and administrative areas now required for the practice of hospital medicine The goal of the book is provide trainees junior and senior clinicians and other professionals with a comprehensive resource that they can use to improve care processes and performance in the hospitals that serve their communities Each chapter opens with boxed Key Clinical Questions that are addressed in the text and hundreds of tables encapsulate important information Case studies demonstrate how to apply the concepts covered in the text directly to the hospitalized patient Principles and Practice of Hospital Medicine is divided into six parts Systems of Care Introduces key issues in Hospital Medicine patient safety quality improvement leadership and practice management professionalism and medical ethics medical legal issues and risk management teaching and development Medical

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