

# 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 means 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 Online For Creators

**Om Prakash Saini**



## **Quick Sleep Hygiene Tips Online For Creators:**

*625+ Easy Digital Product Ideas For Earning Passive Income While You Sleep* Om Prakash Saini, 2024-02-16 Embark on a journey of endless possibilities with 625 Easy Digital Product Ideas For Earning Passive Income While You Sleep This book is your ultimate guide to unlocking the world of online entrepreneurship without breaking a sweat Packed with over 625 simple and lucrative digital product ideas it covers a wide range of categories like Ebooks and Written Content Online Courses Printables Stock Photos Videos Audio Products Software 3D Models Web Development Resources and more Whether you re a seasoned digital entrepreneur or a newbie looking to make money while you snooze this book has something for everyone Dive into the realm of passive income and discover how to turn your creativity into cash From crafting engaging Ebooks to developing user friendly applications the book is a treasure trove of inspiration With clear and accessible language it breaks down complex ideas making it perfect for anyone ready to take the leap into the world of online income Don t just dream about financial freedom make it a reality with 625 Easy Digital Product Ideas For Earning Passive Income While You Sleep Your journey to success starts now

**The Creator's Diet Explained** Nicola Burgher, 2017-03-02 We have shifted so far from consuming a whole food plant based diet The array of highly processed and refined food options created to appeal to our senses coupled with our hectic lifestyles have not helped either It takes a real mind set change to go against the grain and take charge of our lives but it is possible and more than worth it Nicola Burgher In this edition registered public health nutritionist Nicola Burgher explains exactly what The Creator s Diet is and why she believes it is the diet we should be consuming for health She encourages the reader to regain control through a renewed mind set and by applying seven simple dietary and lifestyle principles An author public speaker and media spokesperson Nicola teaches us why going back to consuming a diet rich in whole plant based foods is one of the simplest cost effective ways we can benefit our personal health With practical tips and meal options The Creator s Diet Explained simplifies healthy eating and takes us back to the basics in food and dietary principles In these pages you ll learn The role of a healthy diet in helping to maintain health The seven foundational principles of The Creator s Diet The foods you really should be consuming for health What the rule is and how to use it How to effortlessly change from a diet rich in highly processed and refined foods to one rich in whole foods If you are serious about your health and the role diet can play then The Creator s Diet Explained is the book for you Book reviews online PublishedBestsellers website

**Quick & Easy Paleo Comfort Foods** Julie and Charles Mayfield, 2013-10-01 About the Author Julie and Charles Mayfield began living the Paleo lifestyle in 2009 They brought their love of home cooking and the Paleo movement to the masses through their first book Paleo Comfort Foods They work closely with clients at their gym Atlanta Strength and Conditioning to promote healthier cooking and lifestyle choices Visit them at PaleoComfortFoods.com Robb Wolf is the NYT bestselling author of The Paleo Solution Julie and Charles Mayfield authors of the breakout success Paleo Comfort Foods bring fans another serving of 100 Paleo recipes that are easy healthy and irresistibly delicious The

wildly popular Paleo movement continues to gain momentum as millions of people discover the undeniable health benefits and effortless fat loss that comes with eliminating gluten legumes and dairy from their diets This gorgeous four color cookbook provides an impressive selection of Paleo recipes that are not only healthy and delicious but quick and easy to prepare The tips and recipes in this book will transform favorite dishes and go to comfort foods into healthy gluten free meals that readers can enjoy even on the busiest weeknights **Quick & Easy Paleo Comfort Foods** Charles

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examines and challenges the long standing foundational concepts in the communication of health care to work toward more just and equitable medical futures *Social Media In Society And Culture: Perspective For Mass Communication And Journalism* Dr. Amit Sangwan, Social media has transformed society and culture by changing how information is created shared and consumed Platforms like Facebook Instagram X and YouTube have turned audiences into active participants who engage comment and even produce news For mass communication and journalism this shift offers wider reach and real time interaction but also creates challenges such as misinformation fast paced news cycles and the need for stronger ethical standards and digital literacy Social media has changed how information is created shared and consumed in society Platforms like Facebook Instagram X and YouTube allow instant global communication Audiences are now active participants who comment share and create content Journalism benefits from faster news distribution and wider reach Challenges include misinformation fake news and algorithm influence Strong ethics fact checking and digital literacy are essential in modern mass communication *The Bottom Line Books of Freebies* ,2003 *Social Media and Pediatric Mental Health, An Issue of*

*Pediatric Clinics of North America* Paul E. Weigel, Erin Lechner Belfort, 2025-04-28 In this issue of *Pediatric Clinics of North America* guest editors Drs Paul E Weigel and Erin Lechner Belfort bring their considerable expertise to the topic of Social Media and Pediatric Mental Health Social media habits and interactions are of increasing importance in the lives of youth and are increasingly significant for their mental health and treatment This issue will leverage the current state of scientific literature and the authors clinical experience to explore the many ways social media impacts mental health for better and worse and how pediatricians should evaluate and address them in clinical practice Contains 14 relevant practice oriented topics including social media mental health contagion in children digital distraction in children incorporating social media use into pediatric mental health evaluation social media and mental health in children social media and social anxiety in children and more Provides in depth clinical reviews on social media and pediatric mental health offering actionable insights for clinical practice Presents the latest information on this timely focused topic under the leadership of experienced editors in the field Authors synthesize and distill the latest research and practice guidelines to create clinically significant topic based reviews

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