



SLEEP HYGIENE TIPS

- *Establish a Consistent Sleep Schedule*
- *Create a Relaxing Bedtime Routine*
- *Optimize Your Sleep Environment*
- *Limit Screen Time Before Bed*
- *Mind Your Food and Drink Choices*
- *Exercise Regularly, But Not Right Before Bed*
- *Manage Stress Effectively*
- *Limit Naps During the Day*
- *Be Careful of Your Sleep Position*
- *Avoid Stimulants Before Bed*



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Bowker, Ed,2004 Sleep Hygiene Tips Harry Sandor,2021-07-08 Are you getting enough sleep at night Do you have
problems falling asleep or staying asleep According to the National Institutes of Health NIH about 1 in 3 American Adults do
not get healthy amounts of sleep And stress can make the problem even worse This book is split into four sections covering
the most important aspects of sleep hygiene Part I Create a Restful Sleep Environment Part II Follow a Healthy Sleep
Routine Part III Eat a Soporific Diet Part IV Implement a Relaxing Bedtime Ritual The Art of Restful Sleep: Practical
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