

# 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.



# Pro Sleep Hygiene Tips Explained 9413

**United States. Congress**



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**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 *Secrets to Getting Good Sleep: Tips, Sleep Hygiene & How to Fight Sleep Insomnia* Bob Babson,2025-08-04 *Secrets to Getting Good Sleep Tips Sleep Hygiene How to Fight Sleep Insomnia* By Bob Babson Tired of being tired Discover how to finally get the deep restful sleep your body and mind need In this practical and soothing guide *Secrets to Getting Good Sleep* reveals the proven strategies to beat insomnia improve your sleep hygiene and wake up refreshed naturally and consistently Inside this guide you ll learn The root causes of sleep problems and how to address them Daily habits and nighttime routines that promote deep quality sleep How to create a sleep friendly environment lighting temperature noise control Natural remedies and calming techniques to quiet a busy mind The connection between stress anxiety and poor sleep How to avoid hidden sleep disruptors like caffeine screens and irregular schedules Perfect for anyone struggling with sleepless nights tossing and turning or low energy this book offers clear practical steps for creating healthy sleep patterns that last **Secrets to Getting Good Sleep: Tips, Sleep Hygiene & How to Fight Sleep Insomnia**

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health and how to incorporate healing tips for a good night's rest into our lives. Based on his expertise of over 15 years of working with clients as well as his personal experience of transformation from a sufferer of insomnia and panic attacks to a perfectly healthy and fulfilled individual, Anthony answers the question: how can sleep hygiene impact our physical and mental health? You'll discover: Why we sleep, What happens during sleep, What a lack of sleep does to your mind and body, How sleep deprivation affects your thinking and physical health, Sleep and mental illness, Sleep and weight gain, Sleeping hygiene before going to bed, What you should avoid before bedtime, Food and drinks for better sleep, How to customize your sleeping environment, Tips and tricks for better z's, The Navy SEAL technique and how to practice it, What to do if nothing helps. Bonus chapter: Make friends with your mornings. Open your eyes to the importance of sleep. This manual of easy-to-follow advice can be applied to your case with life-changing results. Scroll to the top, click the Buy now with 1 Click button, and discover the healing power of sleep.

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## **Table of Contents Pro Sleep Hygiene Tips Explained 9413**

1. Understanding the eBook Pro Sleep Hygiene Tips Explained 9413
  - The Rise of Digital Reading Pro Sleep Hygiene Tips Explained 9413
  - Advantages of eBooks Over Traditional Books
2. Identifying Pro Sleep Hygiene Tips Explained 9413
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Pro Sleep Hygiene Tips Explained 9413
  - User-Friendly Interface
4. Exploring eBook Recommendations from Pro Sleep Hygiene Tips Explained 9413
  - Personalized Recommendations
  - Pro Sleep Hygiene Tips Explained 9413 User Reviews and Ratings
  - Pro Sleep Hygiene Tips Explained 9413 and Bestseller Lists
5. Accessing Pro Sleep Hygiene Tips Explained 9413 Free and Paid eBooks
  - Pro Sleep Hygiene Tips Explained 9413 Public Domain eBooks
  - Pro Sleep Hygiene Tips Explained 9413 eBook Subscription Services
  - Pro Sleep Hygiene Tips Explained 9413 Budget-Friendly Options

6. Navigating Pro Sleep Hygiene Tips Explained 9413 eBook Formats
  - ePub, PDF, MOBI, and More
  - Pro Sleep Hygiene Tips Explained 9413 Compatibility with Devices
  - Pro Sleep Hygiene Tips Explained 9413 Enhanced eBook Features
7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Pro Sleep Hygiene Tips Explained 9413
  - Highlighting and Note-Taking Pro Sleep Hygiene Tips Explained 9413
  - Interactive Elements Pro Sleep Hygiene Tips Explained 9413
8. Staying Engaged with Pro Sleep Hygiene Tips Explained 9413
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Pro Sleep Hygiene Tips Explained 9413
9. Balancing eBooks and Physical Books Pro Sleep Hygiene Tips Explained 9413
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Pro Sleep Hygiene Tips Explained 9413
10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
11. Cultivating a Reading Routine Pro Sleep Hygiene Tips Explained 9413
  - Setting Reading Goals Pro Sleep Hygiene Tips Explained 9413
  - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Pro Sleep Hygiene Tips Explained 9413
  - Fact-Checking eBook Content of Pro Sleep Hygiene Tips Explained 9413
  - Distinguishing Credible Sources
13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
14. Embracing eBook Trends
  - Integration of Multimedia Elements

- Interactive and Gamified eBooks

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