

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.



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suffer continual fatigue frequently doze off while doing other sometimes dangerous activities and they have trouble focusing feeling good or enjoying life The effects of bad sleep habits and sleep problems or disorders can extend to everything from elevated blood pressure to memory loss disorientation and a weakened immune system Falling asleep while driving is estimated to cause somewhere between 16% and 60% of all auto accidents This groundbreaking guide The Smart Easy Guide to Sleeping Better How to Develop Better Sleep Habits Solve Sleep Problems Get to Sleep Fast Wake Up Refreshed gives detailed attention to Immediate health benefits from improving your sleep patterns and habits Concrete examples for improving the quality and quantity of the sleep you get A practical guide to bad sleep habits sleep problems and sleep deprivation What to know before beginning any sleep better study or visiting a help sleeping center A complete picture of the science of sleep and treatment of bad sleep habits and sleep problems Despite of all of the adverse affects of sleep deprivation much less is commonly understood about the positive health effects of regularly getting a good night s sleep Yet the science is there Research proves that not only will a good night of sleep positively affect your health it will improve your overall disposition lessen depression or anxiety and increase your stamina and confidence That s just the beginning to help sleeping to sleep better The benefits of getting help sleeping to sleep better are well documented and quickly improve almost every other area of your health Long term bad sleep habits and sleep problems from sleep deprivation can be almost too many to list But just slightly increasing your exercise and following help sleeping to sleep better can quickly reverse the negative affects of sleep deprivation The positive health benefits of sleep are too big to ignore and easier to enjoy than almost any other aspect of your wellbeing Learn all the methods and practices to quickly and easily start enjoying more and better sleep Learn about natural sleep aids and hypnotherapy for sleep as well as a complete system for approaching sleep and sleeplessness from a whole new perspective Help sleeping and sleep better specialists agree that exercise is important to getting enough sleep But you don t need to run to the sleep center or sleep apnea specialist Detailed in this volume are tips for sleeping better diagnosing bad sleep habits help sleeping to sleep better and sleep problems and treating them You also learn the complete picture on everything related to your health and your sleep including How to effectively combat behaviors detrimental to your sleep Getting more from natural sleep aids including from foods you re already eating The best pillow for a good night s sleep Help sleeping to sleep better assistance while traveling Sleeping more and sleeping better is vital to health happiness clear thinking and longevity This sleeper s manual will position you not only for every night s best rest but for a world of health benefits that are as simple as sleeping better The natural way to better physical and mental health through proper sleep is easy to start enjoying There s never been a more relaxing and important method for improving your overall health You learn to better document your sleep enjoy all the benefits of being truly well rested and to get help sleeping to sleep better affects your health The results will let you rest much easier Grab your copy today of The Smart Easy Guide to Sleeping Better How to Develop Better Sleep Habits Solve Sleep Problems Get to Sleep Fast Wake Up Refreshed

Overcoming Insomnia Phoebe Young, RN, 2025-09-05 *Overcoming Insomnia 25 Tips Tricks and Hacks to Get a Good Night's Sleep* by Phoebe Young RN is a comprehensive self help guide designed to empower readers struggling with sleep disturbances to reclaim restful nights through practical evidence based strategies Drawing from the author's 15 years of experience as a registered nurse specializing in holistic health and wellness this 200 page book demystifies insomnia defining it as a disorder involving difficulties falling asleep staying asleep or waking too early often leading to daytime fatigue irritability and long term health risks like weakened immunity cardiovascular issues and mental health challenges The book begins with an insightful introduction exploring the types acute vs chronic causes stress lifestyle factors medical conditions medications and environmental influences and prevalence of insomnia affecting roughly one in three adults briefly and 10-15% chronically with higher rates among women older adults and those with underlying health problems It emphasizes that insomnia is manageable without always relying on medications focusing instead on lifestyle adjustments behavioral changes and personalized plans Structured into three parts the core content builds foundational knowledge before diving into the 25 actionable tips Part 1 Building the Foundations covers sleep basics myths assessing patterns via sleep diaries identifying triggers and setting goals Part 2 The 25 Tips Tricks and Hacks is organized into chapters on sleep hygiene e g consistent schedules optimal environments limiting screens lifestyle adjustments e g managing caffeine alcohol diet exercise natural light relaxation techniques e g deep breathing progressive muscle relaxation mindfulness yoga natural remedies e g lavender aromatherapy magnesium melatonin calming sounds warm baths and advanced strategies e g the 20 minute rule military method journaling worries avoiding clock watching Part 3 Sustaining Your Success addresses monitoring progress handling setbacks integrating habits long term recognizing when to seek professional help e g CBT I therapy and working with healthcare providers The book concludes with encouragement for lifelong sleep health including appendices with a quick reference guide to the tips a sample sleep diary template glossary and annotated bibliography for further reading Ideal for anyone from busy professionals to new parents seeking non pharmacological solutions this accessible resource promotes awareness action and customization to break the cycle of sleeplessness and enhance overall well being

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