

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



Expert Sleep Hygiene Tips Step Plan

Robin Shannon, Catherine F. Yonkaitis

Expert Sleep Hygiene Tips Step Plan:

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Mayo Clinic Guide to Fibromyalgia Andy Abril, Barbara K. Bruce, 2019-09-24 Called the invisible disease fibromyalgia is estimated to impact more than 10 million Americans And yet so much is still misunderstood about this chronic disorder Mayo Clinic Guide to Fibromyalgia is an invaluable resource for understanding fibromyalgia and its debilitating symptoms Those living with fibromyalgia know it is an invasive disorder one that can cause overwhelming fatigue joint stiffness sleep problems migraines digestive problems and troubles with memory and concentration a symptom so common it is often referred to as fibro fog While it's believed that humans have suffered from fibromyalgia for hundreds even thousands of years a delay in medical research means many people living with fibromyalgia are still in the dark confused by their symptoms and what causes the painful disorder By drawing upon decades of advanced research in studying and treating fibromyalgia Mayo Clinic Guide to Fibromyalgia combines anecdotes from real cases with expertise from Mayo Clinic's rheumatology and chronic pain experts to provide an all encompassing guide for understanding one of the most common chronic illnesses affecting Americans today This book also offers reasonable proven strategies like worksheets to help readers craft a personalized daily plan for managing common fibromyalgia symptoms while serving as a comforting guide for those who may feel alone in their journey with fibromyalgia This book breaks down what fibromyalgia is and isn't in 4 separate sections Section 1 introduces fibromyalgia the history and modern discoveries of fibromyalgia research as well as common myths and misconceptions associated with the condition Section 2 outlines the different treatment options available to those who suffer from fibromyalgia including prescription medications therapies and forms of integrative medicine Section 3 offers helpful tips for managing and improving chronic pain through diet exercise sleep and stress management Finally Section 4 explains how to

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formulating a treatment plan Topical therapy phototherapy oral systemic and biologic therapy are presented in separate chapters along with the clinical trial results of the various agents used in treatment Published medical society guidelines are referenced Coordinated management of the disease between the members of the care team is discussed Currently only a PDF of the book is available

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Library Journal ,2006-04 [The Keto Reset Diet](#) Mark Sisson,2017-12-18 Mark Sisson author of the mega bestseller *The Primal Blueprint* unveils his groundbreaking ketogenic diet plan that resets your metabolism in 21 days so you can burn fat forever *Popular Science Monthly* ,1923 [Monthly Bulletin](#) Indiana State Board of Health,1918 [Journal of Health, Physical Education, Recreation](#) ,1932 **The Burroughs Clearing House** ,1921

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