

# Tips for positive sleep hygiene



**Regularity:** To train your body into a regular rhythm, go to bed and get up at the same time every day - even on weekends!



**Avoid caffeine before bed:** coffee, tea, cola drinks and even chocolate are all stimulants that interfere with the ability to fall asleep.



**Bathtime:** a hot bath 1-2 hours before bed can be helpful in raising your body temperature, causing you to feel sleepy as it lowers again.



**Exercise:** Regular exercise is a good idea to help with sleep but try not to do strenuous exercise in the four hours before bed time.



**Natural light:** Getting as much daylight as possible helps the body to produce melatonin, a natural hormone that promotes sleep.

**Sleep when sleepy:** Only try to sleep when you actually feel tired, rather than spending too much time lying awake in bed.



**No naps!:** Try to avoid taking naps throughout the day to ensure you are tired at bedtime.



**Sleep diary:** Use a written sleep diary or an app to monitor your sleep; you might be able to identify patterns and what helps



**Eat right:** A healthy balanced diet will help you sleep well, but timing is important - a heavy meal soon before bed can interrupt sleep.



# Why Sleep Hygiene Tips For Beginners For Creators 3066

**Lei Huang**



## **Why Sleep Hygiene Tips For Beginners For Creators 3066:**

## Unveiling the Power of Verbal Beauty: An Emotional Sojourn through **Why Sleep Hygiene Tips For Beginners For Creators 3066**

In a world inundated with monitors and the cacophony of instantaneous conversation, the profound energy and emotional resonance of verbal art often diminish in to obscurity, eclipsed by the continuous assault of noise and distractions. However, located within the musical pages of **Why Sleep Hygiene Tips For Beginners For Creators 3066**, a charming work of fictional elegance that impulses with organic thoughts, lies an unforgettable trip waiting to be embarked upon. Written by a virtuoso wordsmith, that mesmerizing opus books readers on a psychological odyssey, gently revealing the latent possible and profound influence stuck within the intricate internet of language. Within the heart-wrenching expanse with this evocative analysis, we will embark upon an introspective exploration of the book is main subjects, dissect their interesting writing style, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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