

# 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.



# Best Way To Sleep Hygiene Tips Explained 29687

**R Sandford**



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Best Way To Sleep Hygiene Tips Explained 29687: Bestsellers in 2023 The year 2023 has witnessed a noteworthy surge in literary brilliance, with numerous engrossing novels captivating the hearts of readers worldwide. Lets delve into the realm of popular books, exploring the engaging narratives that have enthralled audiences this year. Best Way To Sleep Hygiene Tips Explained 29687 : Colleen Hoover's "It Ends with Us" This poignant tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover masterfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can prevail. Best Way To Sleep Hygiene Tips Explained 29687 : Taylor Jenkins Reid's "The Seven Husbands of Evelyn Hugo" This captivating historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reid's compelling storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Discover the Magic : Delia Owens' "Where the Crawdads Sing" This evocative coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens spins a tale of resilience, survival, and the transformative power of nature, entrancing readers with its evocative prose and mesmerizing setting. These bestselling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of compelling stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a brilliant and thrilling novel that will keep you wondering until the very end. The novel is a warning tale about the dangers of obsession and the power of evil.

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## **Table of Contents Best Way To Sleep Hygiene Tips Explained 29687**

1. Understanding the eBook Best Way To Sleep Hygiene Tips Explained 29687
  - The Rise of Digital Reading Best Way To Sleep Hygiene Tips Explained 29687
  - Advantages of eBooks Over Traditional Books
2. Identifying Best Way To Sleep Hygiene Tips Explained 29687
  - 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 Best Way To Sleep Hygiene Tips Explained 29687
  - User-Friendly Interface
4. Exploring eBook Recommendations from Best Way To Sleep Hygiene Tips Explained 29687
  - Personalized Recommendations
  - Best Way To Sleep Hygiene Tips Explained 29687 User Reviews and Ratings
  - Best Way To Sleep Hygiene Tips Explained 29687 and Bestseller Lists
5. Accessing Best Way To Sleep Hygiene Tips Explained 29687 Free and Paid eBooks
  - Best Way To Sleep Hygiene Tips Explained 29687 Public Domain eBooks
  - Best Way To Sleep Hygiene Tips Explained 29687 eBook Subscription Services
  - Best Way To Sleep Hygiene Tips Explained 29687 Budget-Friendly Options
6. Navigating Best Way To Sleep Hygiene Tips Explained 29687 eBook Formats
  - ePub, PDF, MOBI, and More
  - Best Way To Sleep Hygiene Tips Explained 29687 Compatibility with Devices
  - Best Way To Sleep Hygiene Tips Explained 29687 Enhanced eBook Features
7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Best Way To Sleep Hygiene Tips Explained 29687
  - Highlighting and Note-Taking Best Way To Sleep Hygiene Tips Explained 29687
  - Interactive Elements Best Way To Sleep Hygiene Tips Explained 29687

8. Staying Engaged with Best Way To Sleep Hygiene Tips Explained 29687
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Best Way To Sleep Hygiene Tips Explained 29687
9. Balancing eBooks and Physical Books Best Way To Sleep Hygiene Tips Explained 29687
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Best Way To Sleep Hygiene Tips Explained 29687
10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
11. Cultivating a Reading Routine Best Way To Sleep Hygiene Tips Explained 29687
  - Setting Reading Goals Best Way To Sleep Hygiene Tips Explained 29687
  - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Best Way To Sleep Hygiene Tips Explained 29687
  - Fact-Checking eBook Content of Best Way To Sleep Hygiene Tips Explained 29687
  - 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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