

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.



Easy Sleep Hygiene Tips Explained For Workers

Xiaolong Qi



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Table of Contents Easy Sleep Hygiene Tips Explained For Workers

1. Understanding the eBook Easy Sleep Hygiene Tips Explained For Workers
 - The Rise of Digital Reading Easy Sleep Hygiene Tips Explained For Workers
 - Advantages of eBooks Over Traditional Books
2. Identifying Easy Sleep Hygiene Tips Explained For Workers
 - 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 Easy Sleep Hygiene Tips Explained For Workers
 - User-Friendly Interface
4. Exploring eBook Recommendations from Easy Sleep Hygiene Tips Explained For Workers

- Personalized Recommendations
 - Easy Sleep Hygiene Tips Explained For Workers User Reviews and Ratings
 - Easy Sleep Hygiene Tips Explained For Workers and Bestseller Lists
5. Accessing Easy Sleep Hygiene Tips Explained For Workers Free and Paid eBooks
 - Easy Sleep Hygiene Tips Explained For Workers Public Domain eBooks
 - Easy Sleep Hygiene Tips Explained For Workers eBook Subscription Services
 - Easy Sleep Hygiene Tips Explained For Workers Budget-Friendly Options
 6. Navigating Easy Sleep Hygiene Tips Explained For Workers eBook Formats
 - ePub, PDF, MOBI, and More
 - Easy Sleep Hygiene Tips Explained For Workers Compatibility with Devices
 - Easy Sleep Hygiene Tips Explained For Workers Enhanced eBook Features
 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Easy Sleep Hygiene Tips Explained For Workers
 - Highlighting and Note-Taking Easy Sleep Hygiene Tips Explained For Workers
 - Interactive Elements Easy Sleep Hygiene Tips Explained For Workers
 8. Staying Engaged with Easy Sleep Hygiene Tips Explained For Workers
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Easy Sleep Hygiene Tips Explained For Workers
 9. Balancing eBooks and Physical Books Easy Sleep Hygiene Tips Explained For Workers
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Easy Sleep Hygiene Tips Explained For Workers
 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
 11. Cultivating a Reading Routine Easy Sleep Hygiene Tips Explained For Workers
 - Setting Reading Goals Easy Sleep Hygiene Tips Explained For Workers
 - Carving Out Dedicated Reading Time
 12. Sourcing Reliable Information of Easy Sleep Hygiene Tips Explained For Workers

- Fact-Checking eBook Content of Easy Sleep Hygiene Tips Explained For Workers
 - 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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