

SLEEP HYGIENE CHECKLIST

Want deeper sleep? Who doesn't?!

Use this sleep hygiene checklist to re-enforce healthy habits that help you sleep better at night.

30 tips to help you sleep like a baby!

- 1 20-minute naps only**
Short power naps can increase your alertness and improve your mood, while long naps can interfere with your normal sleep cycle.
- 
- 2 Avoid napping if you can**
If you didn't get enough sleep last night, it may be better to avoid napping completely so it doesn't upset your normal sleeping schedule.
- 3 Go to bed at the same time**
Sticking to a regular schedule is the key to cultivating healthy sleep habits.
- 4 Get up at the same time**
See above ;)
- 5 Get Vitamin D from the morning sun**
Bask in some natural sunlight first thing in the morning to wake yourself up!
- 
- 6 Can't fall asleep? Go do something**
If 20 minutes pass by and you're still awake, get up and do some light activity (like reading or meditating).
- 7 Don't work in bed**
Use your bed strictly for sleeping, and not working or eating!
- 8 Invest in a good mattress**
This one's a no-brainer. If you need help in choosing one, check out sleepsavvy.com.
- 9 Pair your bed with fresh bedding**
Clean, crisp sheets. Don't we all sleep better on a pile of freshness?

- 10 Say NO alcohol, caffeine and nicotine**
Ditch the booze. At least 4-6 hours before bed. We all know these are stimulants!
- 11 Eat healthy and on time**
Keeping to consistent meal times means that our bodies know when to rest and when to digest. Try not to throw it off schedule.
- 12 Avoid eating before bed**
If your body is working overtime when it should be resting, you probably won't sleep like a baby.
- 13 No water right before bed**
Don't want multiple midnight pee breaks? Don't drink too much water and empty out your bladder before bed.
- 14 Exercise daily**
Unleash all your excess energy in the gym, so you can fully recharge at night.
- 
- 15 Avoid exercising at night**
The best time to work out is first thing in the morning, but if you can only go at night, do it at least 2-4 hours before bed.
- 16 Follow an evening ritual**
How you end your day is important too - consider stretching or meditating an hour before bed.
- 17 Take a hot bath**
Relax your mind, relax your body and welcome sleep.
- 18 Keep eyes off the clock**
It causes more anxiety than not, especially when you wake up in the middle of the night. So don't check the time!
- 19 Stay away from screens**
Blue light from our smart devices keeps us awake later, so practice being 'tech-free' at least 2H before bed.



Quick Sleep Hygiene Tips Online For Experts

Sandy Berger



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Table of Contents Quick Sleep Hygiene Tips Online For Experts

1. Understanding the eBook Quick Sleep Hygiene Tips Online For Experts
 - The Rise of Digital Reading Quick Sleep Hygiene Tips Online For Experts
 - Advantages of eBooks Over Traditional Books
2. Identifying Quick Sleep Hygiene Tips Online For Experts
 - 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 Quick Sleep Hygiene Tips Online For Experts
 - User-Friendly Interface
4. Exploring eBook Recommendations from Quick Sleep Hygiene Tips Online For Experts
 - Personalized Recommendations
 - Quick Sleep Hygiene Tips Online For Experts User Reviews and Ratings
 - Quick Sleep Hygiene Tips Online For Experts and Bestseller Lists
5. Accessing Quick Sleep Hygiene Tips Online For Experts Free and Paid eBooks

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