

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.



Advanced Sleep Hygiene Tips Ideas For Experts

Katrin Zwirglmaier



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Circadian Physiology Roberto Refinetti PhD., 2016-04-19 While the first edition of the critically acclaimed and highly popular Circadian Physiology offered a concise but rigorous review of basic and applied research on circadian rhythms this newest edition provides educators with the primary textbook they need to support a course on this cutting edge topic Maintaining the same accessible multi

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issues With 27 new chapters featuring insights from key authors the Seventh Edition is a must have resource for every oncology nurse

The Oxford Handbook of Infant, Child, and Adolescent Sleep and Behavior Amy R. Wolfson, Hawley Montgomery-Downs, 2013-11 A compendium of the state of the art for empirically based basic and applied science and treatment information about infant child and adolescent sleep and behavior for behavioral scientists educators policymakers and clinicians

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Table of Contents Advanced Sleep Hygiene Tips Ideas For Experts

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

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