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.

care in mind:

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Unveiling the Power of Verbal Art: An Mental Sojourn through **Beginner Friendly Sleep Hygiene Tips Step Plan For Students 19703**

In a global inundated with displays and the cacophony of immediate conversation, the profound power and emotional resonance of verbal beauty often disappear in to obscurity, eclipsed by the constant onslaught of noise and distractions. Yet, set within the musical pages of **Beginner Friendly Sleep Hygiene Tips Step Plan For Students 19703**, a captivating function of fictional brilliance that impulses with fresh emotions, lies an remarkable trip waiting to be embarked upon. Published by way of a virtuoso wordsmith, this mesmerizing opus courses viewers on a mental odyssey, delicately exposing the latent possible and profound impact stuck within the intricate internet of language. Within the heart-wrenching expanse of this evocative evaluation, we shall embark upon an introspective exploration of the book is main themes, dissect their charming publishing fashion, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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