

# 6

## TIPS FOR GOOD SLEEP HYGIENE



### SET A BED AND WAKE TIME

Your body craves routines. Set a general bed and wake time and stick to them... even on the weekends. Sleeping in throws your body out of sync and makes it more difficult to sleep the next night.



### MANAGE THE LIGHT

Light affects your body's natural circadian rhythm. Sunlight during the day helps wake you up and start your internal clock. Artificial light from your smartphone in the evening can keep you from producing melatonin, keeping you awake. So turn it off!



### SLEEP & SEX ONLY

Your bedroom should be your retreat. Not your office. Not your media room. Use your bedroom only for having sex or going to sleep. And for the best results, use it for both in succession, as sex can actually lead to better sleep.



### ARRANGE YOUR BEDROOM

Clutter tends to lead to anxiety, which is detrimental to sleep. Spend some time cleaning up and decluttering your bedroom. Invest in soft bedding, a comfortable pillow, and a high-quality mattress that fits your sleep style.



### MAKE A LIST

Can't turn your brain off? Before trying to go to sleep, put pen to paper and make a list of all your to-do's. This will help you offload worries, get to sleep easier, and start your next day more productively.



### START A NEW RITUAL

Create a bedtime routine that begins about an hour before bedtime. Dim the lights to help simulate the sun setting. Find an activity to help you relax like yoga, meditation, or sipping hot tea. Enjoy!

# Top Sleep Hygiene Tips

**Tobias Bleicker**



## **Top Sleep Hygiene Tips:**

**The Science of Rest Unlocking the Healing Power of Sleep for Body and Mind** Selene Rothwell,2025-11-05 Sleep is not a luxury it s biology s greatest necessity The Science of Rest Unlocking the Healing Power of Sleep for Body and Mind reveals the groundbreaking research that shows how rest fuels every aspect of human health from memory and creativity to immunity and emotional balance Through clear evidence based insights this research driven book explains how sleep affects brain function hormonal cycles and even long term disease prevention Readers will learn practical methods to enhance sleep quality align with natural circadian rhythms and build habits that restore energy and focus Designed for professionals in health neuroscience and performance optimization it bridges cutting edge science with real world application You ll discover why sleep is the foundation of productivity and how mastering it can elevate every dimension of your life personally and professionally Because when you sleep better you live better

**Sleeping Your Way to the Top** Terry Cralle,W. David Brown,William Cane,2016-04-05 Many people today believe that the less sleep you get the more productive you are But two nationally recognized experts are here to debunk that myth and show that sufficient sleep and success go hand in hand A groundbreaking collaboration between certified clinical sleep educator Terry Cralle RN and sleep psychologist W David Brown PhD Sleeping Your Way to the Top presents the ultimate wake up call for ambitious people who wish to achieve maximum performance Based on compelling new research it provides the latest clinically proven techniques for getting quality rest achieving maximum productivity and overcoming common sleep impediments to enhance your career Featuring sidebars charts and illustrations this book finally takes the stigma out of sleep

**A Holistic Approach To Life's Greatest Dilemmas** Samantha-Jo Faktor,2020-08-11 Have you struggled with your health Do you want a natural well rounded approach to healing A Holistic Approach to Life s Dilemmas pin points techniques to make you feel better Every aspect of your life needs a little tlc Read about meditation sleep food and spirituality in this quaint self help book

**The Road to Resilience** Gertrude Swanson,2026-01-16 Discover a practical path to resilience and reclaim your life from anxiety and depression The Road to Resilience Strategies for Reclaiming Your Life from Anxiety and Depression is a comprehensive compassionate guide for navigating mental health challenges and rebuilding strength clarity and emotional balance Written by Gertrude Swanson this book takes a holistic approach to healing integrating evidence based psychology with lifestyle changes and transformative practices Rather than offering quick fixes it provides sustainable tools to help you move forward with confidence and self understanding Designed for real life The Road to Resilience meets you where you are and helps you build momentum one step at a time Inside you ll learn how to Identify and challenge distorted thought patterns that fuel anxiety and depression Apply effective behavioral strategies to reduce anxiety and lift depressive symptoms Use mindfulness and acceptance based approaches to improve emotional regulation and well being Make supportive lifestyle changes including nutrition sleep and movement that strengthen mental health Explore complementary and alternative approaches to

support your healing journey Build healthier relationships and support systems through practical interpersonal strategies Apply advanced tools for personal growth and transformation Navigate recovery and prevent relapse with insight preparation and self compassion Whether you re facing anxiety depression or both The Road to Resilience offers the knowledge structure and encouragement needed to move beyond survival and toward a fuller more balanced life You are more than your diagnosis Resilience can be learned strengthened and sustained Get your copy of The Road to Resilience today and take the first step toward a brighter more hopeful future

**Sleep Hygiene Tips** Harry Sandor,2021-07-08 Are you getting enough sleep at night Do you have problems falling asleep or staying asleep According to the National Institutes of Health NIH about 1 in 3 American Adults do not get healthy amounts of sleep And stress can make the problem even worse This book is split into four sections covering the most important aspects of sleep hygiene Part I Create a Restful Sleep Environment Part II Follow a Healthy Sleep Routine Part III Eat a Soporific Diet Part IV Implement a Relaxing Bedtime Ritual

Sport and Mental Health David Baron,Thomas Wenzel,Andreas Ströhle,Todd Stull,2023-09-12 This user friendly comprehensive and highly relevant book allows readers to gain a better understanding of mental health issues in sport and exercise The field of sports psychiatry continues to grow globally at a rapid pace This in part can be explained by the changing culture of sport leading to an appreciation of the role of psychiatric symptoms and syndromes in the world of sport but also the increasing spread of both highly performance oriented and grass roots basic sports and the associated risks in large sections of the population The long standing stigma attached to mental health problems such as depression anxiety ADHD suicide brain injuries substance abuse is being challenged not only by high profile athletes but also in public health and general mental health services The book utilizes an innovative case based and structured didactical format to provide short summaries of recent research by leading experts in the respective fields as well as up to date prevention and clinical guidelines for all relevant disorders in a way that is easily accessible to the large and growing groups interested and active in sports This work is relevant for all mental health professionals and can also be used by a wider readership including medical doctors psychologists athletes and coaches A second volume covers the role of exercise as an effective treatment for a number of common psychiatric conditions such as depression anxiety eating disorders and substance abuse

Collagen Jessica Bippen,2021-08-03 Jessica Bippen registered dietitian and founder of the popular Nourished by Nutrition blog offers a captivating introduction to dietary collagen supplements and how to use them for personal wellness Gorgeously packaged it s perfect for the GOOP and Well Good audience for yourself or as a gift Dietary collagen offers a unique blend of amino acids and other compounds that are essential for maintaining the structure and integrity of almost every part of the body and at every age It can improve the health of our skin hair nails bones and joints as well as our digestive and immune systems Registered dietitian Jessica Bippen shares her knowledge of this protein and explains why the wellness community has embraced its benefits She answers common questions on collagen loss and how to prevent it choosing a supplement and

incorporating it into your daily practice as well as dosing Jessica also provides a selection of delicious recipes for drinks and smoothies small bites entr es and desserts that boost natural collagen production Beautifully illustrated throughout this authoritative guide suggests ideas that will enhance mind body and spirit Recipes include Golden Turmeric Latte Reishi Hot Cacao Balanced Blueberry Smoothie Snickerdoodle Smoothie Cashew Coconut Collagen Bites No Cheese Collagen Queso Glow Bowl Cookie Dough Freezer Fudge Chocolate Avocado Pudding [It's Your Baby](#) Dr Saroja Balan,2022-01-27

Becoming a parent can be both terrifying and exciting You will have a million questions from how to prepare for the birth to how to feed your baby to what to expect in terms of growth and what vaccines the baby needs It can all be overwhelming Helpful advice often ends up being confusing and the internet can be a source of panic During her thirty years of practice paediatrician Dr Saroja Balan has met thousands of parents and found herself answering the same questions While she firmly believes parenting is mostly learning on the job she knows a little help goes a long way Written specifically for Indian parents It s Your Baby is the best support to accompany you on your journey It is meant to help you figure out when your child needs to see a doctor and when you can handle things on your own Covering basics such as sleep breastfeeding and common ailments it also includes all you need to know about screen time childhood obesity pollution and parenting styles helping you navigate the first two years of parenthood Dr Balan s reassuring no nonsense approach makes this the essential guide for a safe and healthy child and a more confident you **Everyday Health Tips** Kim Edward Anderson,1988 A collection of facts and information designed to improve daily health and living **AgeLess** Edward L. Schneider, M.D.,Elizabeth Miles,2003-04-19 Are you aging too fast Edward Schneider M D Dean of the Leonard Davis School of Gerontology and one of the field s leading gerontologists refutes the myth that age equals loss of our health and our physical and mental vigor You can t live forever If people tell you otherwise says Dr Schneider don t believe them But you can control your aging to significantly reduce your risk of disability and illness and to feel vital and productive throughout your lifespan By adopting the simple lifestyle measures outlined here every one of us can live longer by living well In AgeLess Dr Schneider has taken the latest and best research findings in each of the key areas known to affect your healthspan nutrition exercise weight sleep social engagement and hormones and developed his easy to follow science based New Rules of Aging Less Some of these New Rules may surprise you Worried about your weight Read the science behind New Weight Rule 1 those few extra pounds may save your life Or save money with this New Nutrition Rule Toss out your multivitamins and most of your other supplements they may be doing you more harm than good Do you think a good night s sleep is a relic of lost youth Read the Dean s AgeLess tips for getting your nightly seven to nine hours it s essential to your healthspan And if you re determined to look as young as you feel Dr Schneider also rates cosmetic interventions alpha hydroxy acid skin creams laser peels Botox injections and more to reveal which ones really work and those that don t To get started take Dr Schneider s Longevity Quotient Quizzes These comprehensive questionnaires will help you rate your current lifestyle habits you ll learn the areas in

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