

SLEEP HYGIENE

FIVE EFFECTIVE TIPS TO ESTABLISH HEALTHY SLEEPING HABITS

AVOID CAFFEINE DURING THE DAY



AVOID BEVERAGES SUCH AS COFFEE, SODA, AND CAFFEINATED TEA

EXERCISE REGULARLY



EXERCISING CONSISTENTLY CAN HELP REGULATE YOUR SLEEP CYCLE

SETTLE DOWN WITH A BEDTIME ROUTINE

DO THE SAME THINGS IN THE SAME ORDER EVERY NIGHT BEFORE BED. SUCH AS CHANGE INTO PAJAMAS, BRUSH YOUR TEETH, DO YOUR SKINCARE, ETC.



BE CONSISTENT WITH YOUR SLEEP SCHEDULE

GO TO SLEEP AND WAKE UP AT THE SAME TIME EVERY DAY



UNPLUG AN HOUR BEFORE BED.

INSTEAD OF GOING ON YOUR PHONE, READ A BOOK BEFORE BED TO AVOID EYE STRAIN AND PROMOTE A HEALTHIER SLEEP CYCLE



CREATE A SOOTHING AMBIENCE IN YOUR ROOM

TURN ON A RED LIGHT, BURN A CANDLE, DIFFUSE LAVENDER OIL, ETC.



DON'T EAT TOO CLOSE TO BEDTIME

EATING DIRECTLY BEFORE YOU SLEEP CAN NEGATIVELY AFFECT YOUR SLEEP AND DIGESTIVE SYSTEM



Quick Sleep Hygiene Tips For Moms

M Mark



Quick Sleep Hygiene Tips For Moms:

Quick Sleep Hygiene Tips For Moms Book Review: Unveiling the Power of Words

In a world driven by information and connectivity, the ability of words has been evident than ever. They have the capacity to inspire, provoke, and ignite change. Such could be the essence of the book **Quick Sleep Hygiene Tips For Moms**, a literary masterpiece that delves deep into the significance of words and their affect our lives. Written by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book's key themes, examine its writing style, and analyze its overall affect readers.

<https://db1.greenfirefarms.com/data/book-search/fetch.php/Ultimate%20Budgeting%20Tips%20For%20Moms%20For%20Workers%2010245.pdf>

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