

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.



Pro Sleep Hygiene Tips Explained For Students 8766

Hussin A.Rothana



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Nursing Times ,1990-11 **Monthly Catalog of United States Government Publications** ,1996 **Sociological Abstracts** Leo P. Chall,1990 CSA Sociological Abstracts abstracts and indexes the international literature in sociology and related disciplines in the social and behavioral sciences The database provides abstracts of journal articles and citations to book reviews drawn from over 1 800 serials publications and also provides abstracts of books book chapters dissertations and conference papers **Directory of Biomedical and Health Care Grants 2004** Oryx Press,Grants Program,Program] [Grants,2005 This latest edition covers over 2 300 funding sources from all levels of government corporations and foundations **Home Movies** ,1953 The New Statesman and Nation ,1952 **Medical and Health Care Books and Serials in Print** ,1997 Forthcoming Books Rose Army,1996-10 *Cumulative Author Index to Psychological Abstracts* ,1981 *General Catalogue of Printed Books to 1955* British Museum. Dept. of Printed Books,1967 **The Art of Restful Sleep: Practical Sleep Hygiene Tips** Fingley,2024 *Sleep Hygiene Practices and Knowledge in Different Groups of College Students* Kristy Lucero-Gorman,1997 *Sleep Hygiene* American Academy of Sleep Medicine,2000 Sleep Hygiene Practices Ivan Noe Martinez Salazar,2016-06-24 There is consensus that a sizeable percentage of people in most developed countries do not obtain adequate amounts or quality of sleep These disruptions in sleep when chronic and severe can lead to psychological behavioral and health consequences The focus on behavioral and contextual factors that impact sleep has been termed sleep hygiene An online anonymous survey collected sociodemographic information as well as self reports on sleep sleep hygiene practices and dreaming across two cultural groups English and Spanish speaking responders A total of 204 participants majority of them college and graduate students answered the survey Both cultural groups English and Spanish speaking reported similar results in terms of sleep quantity and quality as well as sleep hygiene practices In general respondents do not actively and consistently practice any of the sleep hygiene recommendations These results area similar to previous research on sleep quality and sleep hygiene practices but the results also revealed surprisingly high levels of night awakenings use of medications and disruption of sleep by environmental factors Results on the frequency of dreams were similar to previous research but nightmares were more frequent within this population Percentage of people who reported that dreams or nightmares affected their behavior and or emotional status the following day were also similar to previous findings **Secrets to Getting Good Sleep: Tips, Sleep Hygiene & How to Fight Sleep Insomnia** Bob Babson,2025-08-04 *Secrets to Getting Good Sleep Tips Sleep Hygiene How to Fight Sleep Insomnia* By Bob Babson Tired of being tired Discover how to finally get the deep restful sleep your body and mind need In this practical and soothing guide *Secrets to Getting Good Sleep* reveals the proven strategies to beat insomnia improve your sleep hygiene and wake up refreshed naturally and consistently Inside this guide you ll learn The root causes of sleep problems and how to address them Daily habits and nighttime routines that promote deep quality sleep How to create a sleep friendly environment lighting

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