

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.



Why Sleep Hygiene Tips Explained 10113

KJ Lindholm-Leary



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Psychosocial, Behavioral, and Clinical Implications for Public Mental Health During the COVID-19 Pandemic

Zonglin He, Babatunde Akinwunmi, Wai-kit Ming, 2023-09-15

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Goldstein, Robert B. Brooks, 2023-03-09 The third edition of this handbook addresses not only the concept of resilience in children who overcome adversity but it also explores the development of children not considered at risk addressing recent challenges as a consequence of the COVID 19 pandemic The new edition reviews the scientific literature that supports findings that stress hardiness and resilience in all children leads to happier and healthier lives as well as improved functionality across the lifespan In this edition expert contributors examine resilience in relation to environmental stressors as phenomena in child and adolescent disorders and as a means toward positive adaptation into adulthood The significantly expanded third edition includes new and significantly revised chapters that explore strategies for developing resilience in families clinical practice and educational settings as well as its nurturance in caregivers and teachers Key areas of coverage include Exploration of the four waves of resilience research Resilience in gene environment transactions Resilience in boys and girls Resilience in family processes Asset building as an essential component of intervention Assessment of social and emotional competencies related to resilience Building resilience through school bullying prevention Resilience in positive youth development Enhancing resilience through effective thinking The Handbook of Resilience in Children Third Edition is an essential reference for researchers clinicians and allied practitioners and graduate students across such interrelated disciplines as child and school psychology social work public health as well as developmental psychology special and general education child and adolescent psychiatry family studies and pediatrics

Mental health of higher education students

Agnes Lai, Wing Fai Yeung, 2023-01-09

Umphred's Neurological Rehabilitation - E-Book Rolando T. Lazaro, Sandra G.

Reina-Guerra, Myla Quiben, 2019-12-05 Selected for Doody's Core Titles 2024 in Physical Medicine and Rehabilitation

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patient care Informatics boxes discuss the importance and use of technology with topics such as use of social media in the context of patient privacy teaching patients to manage self care using smartphone apps and using Smart infusion pumps Cultural Competence and Health Equity in Nursing Care chapter discusses culture as a determinant of health especially in regard to Indigenous populations health equity and health equality issues as they relate to marginalized groups in Canada and practical suggestions for developing cultural competence in nursing care More than 60 comprehensive nursing care plans on the Evolve website include defining characteristics expected outcomes specific nursing interventions with rationales evaluation criteria and collaborative problems

Slow Pandemics Stephan Sigrist,2022-12-12 Medical progress and greater prosperity have helped us to not only live longer but also to stay healthy longer However the downsides of ever greater convenience are now becoming apparent the next pandemic will be characterised by lifestyle related diseases and unlike the coronavirus will spread slowly and without much media attention A growing number of circulatory diseases type 2 diabetes and cancer are part of the new normal resulting from a modern lifestyle with less exercise and more fast food An increasing number of mental illnesses due to pressure to perform loneliness and dependence on digital aids have become part of our daily life Not only older people are affected but more and more young people also suffer from these symptoms These slow pandemics arise in everyday life and cannot be treated by a hospital stay or a drug They require a new healthcare system that focuses on daily life and the involvement of all public and private actors who shape our environment and behaviour The focus on healthy lifestyles opens up new interlinked markets for prevention provided that society also assumes responsibility The foundations are selective rather than a complete evaluation of behavioural data and builds health promoting infrastructure and redefines quality of life by combining control and enjoyment

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Secrets to Getting Good Sleep Tips
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