

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.



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ML Morrison



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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

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Table of Contents Pro Sleep Hygiene Tips Explained 9413

1. Understanding the eBook Pro Sleep Hygiene Tips Explained 9413
 - The Rise of Digital Reading Pro Sleep Hygiene Tips Explained 9413
 - Advantages of eBooks Over Traditional Books
2. Identifying Pro Sleep Hygiene Tips Explained 9413
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Pro Sleep Hygiene Tips Explained 9413
 - User-Friendly Interface
4. Exploring eBook Recommendations from Pro Sleep Hygiene Tips Explained 9413
 - Personalized Recommendations
 - Pro Sleep Hygiene Tips Explained 9413 User Reviews and Ratings
 - Pro Sleep Hygiene Tips Explained 9413 and Bestseller Lists
5. Accessing Pro Sleep Hygiene Tips Explained 9413 Free and Paid eBooks

- Pro Sleep Hygiene Tips Explained 9413 Public Domain eBooks
 - Pro Sleep Hygiene Tips Explained 9413 eBook Subscription Services
 - Pro Sleep Hygiene Tips Explained 9413 Budget-Friendly Options
6. Navigating Pro Sleep Hygiene Tips Explained 9413 eBook Formats
 - ePub, PDF, MOBI, and More
 - Pro Sleep Hygiene Tips Explained 9413 Compatibility with Devices
 - Pro Sleep Hygiene Tips Explained 9413 Enhanced eBook Features
 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Pro Sleep Hygiene Tips Explained 9413
 - Highlighting and Note-Taking Pro Sleep Hygiene Tips Explained 9413
 - Interactive Elements Pro Sleep Hygiene Tips Explained 9413
 8. Staying Engaged with Pro Sleep Hygiene Tips Explained 9413
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Pro Sleep Hygiene Tips Explained 9413
 9. Balancing eBooks and Physical Books Pro Sleep Hygiene Tips Explained 9413
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Pro Sleep Hygiene Tips Explained 9413
 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
 11. Cultivating a Reading Routine Pro Sleep Hygiene Tips Explained 9413
 - Setting Reading Goals Pro Sleep Hygiene Tips Explained 9413
 - Carving Out Dedicated Reading Time
 12. Sourcing Reliable Information of Pro Sleep Hygiene Tips Explained 9413
 - Fact-Checking eBook Content of Pro Sleep Hygiene Tips Explained 9413
 - Distinguishing Credible Sources
 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development

- Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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