

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.



Best Sleep Hygiene Tips For Students For Experts

Wenbin Ji



Best Sleep Hygiene Tips For Students For Experts:

Whispering the Techniques of Language: An Psychological Journey through **Best Sleep Hygiene Tips For Students For Experts**

In a digitally-driven world where monitors reign supreme and quick conversation drowns out the subtleties of language, the profound techniques and emotional nuances concealed within phrases usually go unheard. However, located within the pages of **Best Sleep Hygiene Tips For Students For Experts** a interesting fictional treasure pulsing with organic emotions, lies an extraordinary quest waiting to be undertaken. Composed by an experienced wordsmith, this charming opus attracts readers on an introspective journey, delicately unraveling the veiled truths and profound influence resonating within the fabric of every word. Within the psychological depths with this touching evaluation, we shall embark upon a sincere exploration of the book is core themes, dissect its interesting publishing model, and yield to the effective resonance it evokes deep within the recesses of readers hearts.

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