

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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Whispering the Strategies of Language: An Psychological Quest through **Expert Sleep Hygiene Tips Tips 9527 48191**

In a digitally-driven world wherever monitors reign great and instant conversation drowns out the subtleties of language, the profound strategies and mental nuances concealed within words frequently get unheard. However, situated within the pages of **Expert Sleep Hygiene Tips Tips 9527 48191** a interesting fictional treasure blinking with raw feelings, lies a fantastic journey waiting to be undertaken. Penned by a skilled wordsmith, this marvelous opus attracts visitors on an introspective trip, delicately unraveling the veiled truths and profound affect resonating within the material of every word. Within the emotional depths of this emotional review, we can embark upon a sincere exploration of the book is key themes, dissect their captivating publishing style, and succumb to the effective resonance it evokes heavy within the recesses of readers hearts.

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