

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

Ying-Ying Zheng



Pro Sleep Hygiene Tips Explained:

Whispering the Secrets of Language: An Emotional Quest through **Pro Sleep Hygiene Tips Explained**

In a digitally-driven earth where screens reign great and immediate interaction drowns out the subtleties of language, the profound secrets and mental nuances hidden within phrases frequently move unheard. Yet, nestled within the pages of **Pro Sleep Hygiene Tips Explained** a interesting fictional prize blinking with raw emotions, lies an extraordinary journey waiting to be undertaken. Published by a skilled wordsmith, that charming opus attracts viewers on an introspective journey, delicately unraveling the veiled truths and profound affect resonating within ab muscles fabric of each word. Within the mental depths with this poignant evaluation, we will embark upon a honest exploration of the book is primary subjects, dissect its captivating writing model, and succumb to the strong resonance it evokes deep within the recesses of readers hearts.

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