

Prepare for sleep during the day

The elements of a good night's sleep start long before you go to bed. For a more refreshing rest, try to adopt some of these healthy sleep habits **during the day**.

Stick to a Sleep Schedule

Go to sleep and wake up at the same time every day. This reinforces your circadian rhythm to promote healthy sleep-wake cycles.



Write Down Your Worries

Don't take stress to bed. Research shows that writing down your worries early in the day can help you fall asleep faster at bedtime.



Create a Healthy Sleep Environment

Your room should be a relaxing, creating a clean, cozy retreat for sleep may help your mind switch off more easily at night.



Avoid Stimulants & Limit Alcohol

Caffeine should not be consumed four to six hours before bedtime. Limit alcohol as drinking in excess has been linked to poor sleep.



Exercise & Get Outside

30-minutes of moderate exercise and sunshine during the day makes it easier to sleep at night—and give you a serotonin boost, too!



and sleep more soundly at night

Want to wake up feeling refreshed? When you're ready to head to bed, follow these tips to improve the quality and quantity of **your sleep at night**.

Don't Head to Bed When You're Not Tired

An early night might sound nice, but don't force sleep. Heading to bed before you're tired may lead to sleep anxiety and insomnia.



Create a Daily 'Wind-Down' Routine

Hyperarousal (an active or "busy" mind) is the main reason people with insomnia can't sleep. Make time to switch off before bed.



Block Out Noise & Light

A quiet and dark room is essential for a good night's sleep. Light exposure and noise can interfere with sleep quantity and quality.



Make Your Bed a Sleep & Intimacy Zone

Leave work at your desk and meals in the kitchen. Your brain should only associate bed with sleep and intimate activities.



Don't Take Your Phone or Other Devices to Bed

Unplug at night. Blue light delays the release of sleep-inducing melatonin, increases alertness, and sets back your internal sleep clock.



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Harry Sandor



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The Art of Restful Sleep: Practical Sleep Hygiene Tips Fingley, 2024 *Effective Guide on How to Sleep Well Every Day*
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Effective Guide on How to Sleep Well Every Day is a new book based on hundreds of case studies from what the author calls
Super Sleepers. People in this group all share one thing in common: they sleep exceptionally well despite common setbacks
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of the above describes you, then read on. In the pages of this guidebook, you will discover:
What to do if you ever wake up at night page 41
6 specific ways to reduce stress instantly, at least one is GUARANTEED to work for you page 62
How to use Yogurt for improved sleep all night page 90
A basic psychology shortcut that will rewire your brain for sleep page 75
Six types of drinks that calm you down and induce sleep naturally page 92
3 tips for great sleep for older adults page 105
One special breathing exercise that induces sleep instantly page 70
3 hacks for better sleep for night shift workers page 107
A simple technique for breastfeeding mothers that regenerates energy with no effort page 103
You could call these simple secrets recipes for success or hacks because they will give you little shortcuts to get exactly what you want out of sleep.
Why Choose This Book
Effective Guide on How to Sleep Well Every Day is not like other books that give you advice on some parts
of the sleep process but never the full picture. In this book, you will get the full story. All the way from what kind of pillow
works best to how your diet impacts your sleep. For example, here's what you'll discover about your bedroom setup:
How to prevent your mattress from giving you stress because it does page 50
How to improve your bed with bricks. And why it works page 51
The best and worst materials for great sleep page 52
The 1000-year-old miracle pillow used by pharaohs that fixes your back pain page 54
The 4 essential oil fragrances to use to banish stress every time you walk into your bedroom page 56
What to do if climate forces you to sleep in a humid, arid room page 59
How the timing of your meals can change your sleep effectiveness page 79
How To Sleep While Travelling
Getting enough quality sleep while traveling can be especially difficult, and that's why we have dedicated an entire section to this topic. In just a few pages, you will discover how to:
The one thing you can bring from your bedroom that will almost guarantee the perfect sleep in any hotel page 110
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your sleep. For example:
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A specific way to breathe to test your levels of anxiety and reduce them at the same time page 72
The arch-enemy food of sleep. Hint: it's NOT caffeine page 80
5 delicious

foods to eat tonight for better sleep page 86 And much much more If your sleep has been bothering you then this book may just change your life I certainly hope it does And with that I urge you to click that Buy Now button and see for yourself David Ericsson

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