

Tips for positive sleep hygiene



Regularity: To train your body into a regular rhythm, go to bed and get up at the same time every day - even on weekends!



Avoid caffeine before bed: coffee, tea, cola drinks and even chocolate are all stimulants that interfere with the ability to fall asleep.



Bathtime: a hot bath 1-2 hours before bed can be helpful in raising your body temperature, causing you to feel sleepy as it lowers again.



Exercise: Regular exercise is a good idea to help with sleep but try not to do strenuous exercise in the four hours before bed time.



Natural light: Getting as much daylight as possible helps the body to produce melatonin, a natural hormone that promotes sleep.

Sleep when sleepy: Only try to sleep when you actually feel tired, rather than spending too much time lying awake in bed.



No naps!: Try to avoid taking naps throughout the day to ensure you are tired at bedtime.



Sleep diary: Use a written sleep diary or an app to monitor your sleep; you might be able to identify patterns and what helps



Eat right: A healthy balanced diet will help you sleep well, but timing is important - a heavy meal soon before bed can interrupt sleep.



Trending Sleep Hygiene Tips For Beginners

CL Gary



Trending Sleep Hygiene Tips For Beginners:

Adopting the Track of Expression: An Psychological Symphony within **Trending Sleep Hygiene Tips For Beginners**

In a world consumed by displays and the ceaseless chatter of immediate communication, the melodic beauty and emotional symphony created by the written term usually fade in to the background, eclipsed by the relentless sound and disturbances that permeate our lives. Nevertheless, set within the pages of **Trending Sleep Hygiene Tips For Beginners** a wonderful literary value full of fresh emotions, lies an immersive symphony waiting to be embraced. Crafted by an outstanding composer of language, that interesting masterpiece conducts readers on a psychological journey, skillfully unraveling the hidden melodies and profound influence resonating within each carefully constructed phrase. Within the depths with this poignant review, we will examine the book is key harmonies, analyze their enthralling writing fashion, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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