

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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Harry Sandor



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The Art of Restful Sleep: Practical Sleep Hygiene Tips Fingley, 2024 **Insomnia Uncovered A Comprehensive Guide to Better Sleep** Willow R. Stone, 2023-01-01

Sleep is the reset button for our minds and bodies. Insomnia leaves us stuck on repeat. **Insomnia Uncovered A Comprehensive Guide to Better Sleep** is the ultimate guide to understanding and overcoming insomnia. This comprehensive book covers everything you need to know about insomnia, from the science of sleep to sleep hygiene fundamentals, diet and nutrition, relaxation techniques, and sleep aids and medications. The book begins with an overview of insomnia, including the science of sleep, types of insomnia, and causes of insomnia. Readers will then learn about sleep hygiene fundamentals, creating a sleep-friendly environment, establishing a bedtime routine, and reducing screen time before bed. **Insomnia Uncovered** also covers diet and nutrition for better sleep, sleep-promoting foods, foods to avoid before bedtime, and supplements for sleep. Readers will also learn about relaxation techniques, including deep breathing exercises, progressive muscle relaxation, visualization techniques, and mindfulness and meditation. In addition to these techniques, **Insomnia Uncovered** explores cognitive behavioral therapy (CBT) for insomnia, sleep aids and medications, natural remedies, exercise, and sleep management, stress and anxiety, sleep disorders, sleep tracking and technology, bedtime rituals and routines, sleep positions and posture, sleep and aging, sleep and hormones, children and sleep, napping strategies, travel and jet lag, and sleep and shift work. The book provides tips, strategies, and techniques for improving sleep in every situation. Whether you are a shift worker struggling with sleep, a traveler dealing with jet lag, or an older adult experiencing sleep changes, **Insomnia Uncovered** has the solutions you need to achieve better sleep. **Insomnia Uncovered** also emphasizes the importance of maintaining sleep success, staying consistent with sleep habits, overcoming setbacks, and implementing long-term sleep improvement strategies. Whether you are experiencing occasional sleeplessness or chronic insomnia, **Insomnia Uncovered A Comprehensive Guide to Better Sleep** is the perfect guide. With clear explanations, real-world examples, and practical tools and techniques, this book will help you take control of your sleep and achieve better health and well-being.

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