

# Sleep hygiene



**Sleep hygiene** refers to good sleep habits. The following are some ways of establishing and maintaining healthy sleep routines, and can provide long-term solutions to sleep difficulties:

## Routines

*Teach your body to get ready for sleep*

- Go to bed and get up at regular times
- Develop a personal, relaxing, pre-bed routine e.g. stretching or breathing exercises
- A hot bath 1-2 hours before bed or a warm glass of milk can help
- Teach your body to link 'bed' with 'sleeping' - avoid using the bed to eat, work, read, or use electronic devices



## Environment

*Are your surroundings suitable for sleep?*

- A cooler room with enough blankets for warmth is best
- Use heavy curtains/blinds, an eyemask and/or earplugs to block out light and noise



## Diet, exercise and napping

*What you do in the day impacts your sleep at night*

- Avoid naps, or restrict naps to less than 1 hour before 3pm
- Avoid caffeine, nicotine, and alcohol at least 4-6 hours before bed
- Avoid looking at bright screens (e.g. phone, tablet) 2-3 hours before bed
- Exercise regularly but avoid strenuous exercise within 4 hours of bedtime
- Maintain a balanced diet but avoid a large meal soon before bed



## Reactions

*How we respond to poor night's sleep can help make or break a poor sleep cycle*

- If you can't fall asleep after about 20 minutes, get up, do a calm or boring activity until you feel sleepy, then return to bed
- Avoid frequently checking the clock at night
- Try to do everything you had planned for the day, even if you slept poorly the night before



# Easy Sleep Hygiene Tips Full Tutorial 38199

**Rose Army**



**Easy Sleep Hygiene Tips Full Tutorial 38199:**  
**Forthcoming Books** Rose Arny,1996-06

This book delves into Easy Sleep Hygiene Tips Full Tutorial 38199. Easy Sleep Hygiene Tips Full Tutorial 38199 is a crucial topic that must be grasped by everyone, from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Easy Sleep Hygiene Tips Full Tutorial 38199, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:
    - Chapter 1: Introduction to Easy Sleep Hygiene Tips Full Tutorial 38199
    - Chapter 2: Essential Elements of Easy Sleep Hygiene Tips Full Tutorial 38199
    - Chapter 3: Easy Sleep Hygiene Tips Full Tutorial 38199 in Everyday Life
    - Chapter 4: Easy Sleep Hygiene Tips Full Tutorial 38199 in Specific Contexts
    - Chapter 5: Conclusion
  2. In chapter 1, the author will provide an overview of Easy Sleep Hygiene Tips Full Tutorial 38199. This chapter will explore what Easy Sleep Hygiene Tips Full Tutorial 38199 is, why Easy Sleep Hygiene Tips Full Tutorial 38199 is vital, and how to effectively learn about Easy Sleep Hygiene Tips Full Tutorial 38199.
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