

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.



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Affordable Sleep Hygiene Tips Tips For Experts:

Whispering the Strategies of Language: An Emotional Journey through **Affordable Sleep Hygiene Tips Tips For Experts**

In a digitally-driven world wherever displays reign great and instant interaction drowns out the subtleties of language, the profound strategies and emotional nuances hidden within words usually get unheard. Yet, set within the pages of **Affordable Sleep Hygiene Tips Tips For Experts** a fascinating literary value pulsating with raw feelings, lies an extraordinary journey waiting to be undertaken. Composed by an experienced wordsmith, that charming opus invites viewers on an introspective trip, gently unraveling the veiled truths and profound influence resonating within the very fabric of every word. Within the mental depths of this moving review, we shall embark upon a sincere exploration of the book's core themes, dissect their charming writing model, and succumb to the strong resonance it evokes serious within the recesses of readers hearts.

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