

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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Resilience and Well-being for Dental Professionals Mahrukh Khwaja, 2022-12-05 Essential reading for dental professionals and other healthcare workers wanting to build emotional resilience and positive mental health Dentistry is a high stress profession with elevated rates of anxiety depression burnout suicidal thoughts and self harm Chronic workplace stress is a growing concern as it can severely damage the mental health of dental professionals and negatively impact their ability to provide appropriate care Psychological interventions have been shown to greatly benefit the well being and emotional resilience of the medical and healthcare community yet resources that provide preventative tools are limited Resilience and Well being for Dental Professionals is designed not only to combat occupational hazards in Dentistry such as burnout and compassion fatigue but also to build resilience engagement at work and nurture positive mental health through a variety of evidence based tools This invaluable guide helps readers utilise tools from the science of well being Positive Psychology Mindfulness Cognitive Behavioural Therapy and Acceptance and Commitment Therapy to create happier thriving careers It includes Tools from resilience interventions to help dental professionals implement preventative habits and take steps towards positive mental health Focus on self awareness in recognizing burnout early Positive psychology and well being exercises customised for dental professionals to help you meld together research and application from journaling and creative exercises to nature based and activities at work Measure and track well being using psychological scales Manage difficult emotions practice mindfulness and self compassion develop a culture of kindness and gratitude at work utilise a growth mindset when upskilling harness positive leadership and use strengths with patients and at home Create habits that stick through applying the psychology of goal setting behaviour change motivation psychology work life harmony and happiness Written by a Positive Psychologist and Dentist with more than 12 years clinical dentistry experience within a stressful NHS environment Resilience and Well being for Dental Professionals is a must have resource for all dental students hygienists therapists dentists dental nurses dental technicians specialists and allied healthcare workers *Health and Health Practices* Belva Cuzzort, John William Trask, 1923 **Rules of health** Daniel Smith Lamb, 1900 *Hygeia*, 1939

Stress Almost Killed Me, Literally Rebecca Belschner, 2025-04-01 I m stressed out and I am so tired have become two common phrases in our conversations today With the path our society is taking today it is no wonder why Unfortunately that chronic unwavering stress that so many are suffering from can and will lead to a multitude of potential illnesses which affect every system of our body This book opens with a chapter on the biology of burnout and ends with multiple ways you can prevent burnout In the middle it intertwines my own personal story which resulted in burnout that literally stopped my life as I knew it with what is happening in today s society that is contributing to stress and burnout If you are feeling stressed and or tired most of the time agree the status of society today is directly affecting your level of stress and want to do something about it then this book is for you It just may save your life **Proceedings of the Annual Meeting - National Education**

Association of the United States National Education Association of the United States, 1924 **Seen, Heard & Understood** Lainie Liberti, 2023-06-01

In normal times adolescence is not easy. Changes in the external world can amplify internal changes and make it more difficult for teens to cope, let alone thrive. During adolescence, parents often struggle to remain connected with their teens. Lainie Liberti helps parents understand their teens' developmental stages and behaviors in an easy-to-follow format through stories, research, applied psychology, and science-backed tools. Prepared with the right tools, parents can support their teens on a journey towards greater mental health. Throughout this inspirational book, you'll explore a new conceptual framework for parenting which will transform your relationships. Be prepared to do the uncomfortable work required in order to support your teen through some of the biggest mental health challenges our generation has ever experienced. In addition to providing a set of powerful tools, this book will offer a roadmap to learning common teen myths, healing traumas, partnership parenting, mentorship benefits, teen brain basics, and more. Are you ready? Do you feel there must be a better way to live with your teenager but don't know how to start? This book could be just what you need. A powerful call to parents to look directly at young people, listen to where they are coming from, and support them to find the life they want to lead. Combining personal experience, neuroscientific research, and practical tools, Lainie guides you towards a different way of being with your teen, moving from coercion and manipulation to partnership and connection.

Dr. Naomi Fisher, Clinical Psychologist and Author of *Changing Our Minds: How Children Can Take Control of Their Own Learning*. Finally, a book that sees and understands the unique needs of teenagers without all the negative stereotypes. This book is a gem.

Christiane Northrup, M.D., New York Times best-selling author of *Goddesses Never Age*, *The Wisdom of Menopause*, and *Women's Bodies, Women's Wisdom*. Lainie Liberti provides relief from the fear-based need to control your teen, allowing partnership to replace domination. With a validating voice, she provides tools to heal yourself such that you don't have to react to your teen from your pain but respond from your love.

Naomi Aldort, Author of *Raising Our Children, Raising Ourselves: Transforming Parent-Child Relationship from Reaction and Struggle to Freedom, Power, and Joy*. As a mom of two teenagers and a longtime admirer of Lainie Liberti's work, I value her insights on prioritizing connection over coercion in our parenting approach. *Seen, Heard, Understood* provides the tools and inspiration to build a powerful, peaceful partnership with our teens.

Kerry McDonald, Author of *Unschooling: Raising Curious, Well-Educated Children Outside the Conventional Classroom*. This book is a major contribution to unschooling and homeschooling families and to the movement for reimagining education. It names the proverbial elephant in the room: Unless we as parents heal our own intergenerational trauma and face our fears and anxieties, we risk passing these to our children. Born out of many years of hands-on experience, this book offers very practical tools for how we can enter into partnership parenting and build a genuine learning culture with our teens centered around freedom and accountability. It is a powerful post-Covid roadmap for navigating the inner world of our teens and ourselves as adults. Lainie Liberti has gifted us with the parent's liberation handbook for our times.

Manish Jain, Co-Founder of

Swaraj University Learning Societies Network and The Peoples Institute for Rethinking Education *Safety Education*
,1928 **Index-catalogue of the Library of the Surgeon-General's Office, United States Army** Library of the
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Red Book ,1987 The magazine for young adults varies Journal of the Outdoor Life ,1925 The Dakota Farmer ,1919
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