

# 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.



## Easy Sleep Hygiene Tips Ideas For Experts

**Leonard Bacon,Joseph Parrish  
Thompson,Richard Salter  
Storrs,Joshua Leavitt,Henry Ward  
Beecher,Theodore Tilton,Henry  
Chandler Bowen,William Hayes  
Ward,Hamilton Holt,Fabian  
Franklin,Harold de Wolf  
Fuller,Christian Archibald Herter**

## **Easy Sleep Hygiene Tips Ideas For Experts:**

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Whitney Casares MD, MPH, 2025-10-21 What if you could help your kids learn body positivity and self esteem in an inclusive realistic way that goes way beyond slogans and platitudes Enter pediatrician and mom Dr Whitney Casares and this kid friendly guide to body literacy Body literacy is more than self love it's learning how to take care of and appreciate your body even when loving it is hard After all it's the only body they'll ever have Kids and tweens will meet the diverse cast of friends spending their summer at the fictional Camp Coraz n Some characters will remind them of themselves while others will challenge them to understand and empathize with others life experiences Vibrant full color illustrations and fun body facts

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web ghosts created by joe port joe wiseman with rose mciver utkarsh ambudkar brandon scott jones danielle pinnock a young couple sam and jay inherit a haunted mansion and unaware of their invisible housemates plan to turn it into a b b their lives become much more complicated after a fall causes sam to see the ghosts based on

*ghosts tv series 2019 2023 imdb* - Jul 13 2023

web with lolly adefope mathew baynton simon farnaby martha howe douglas a group of spirits restlessly squabble in an abandoned country house to their despair a young couple inherits the house with hopeful plans to renovate it into a luxury hotel

*bbc iplayer ghosts* - Feb 25 2022

web ghosts a cash strapped young couple inherit a rickety country mansion only to find it teeming with needy ghosts grown up comedy from the horrible histories team series 1 1

*9 scariest singapore ghosts what to do if you see them* - Apr 10 2023

web hungry ghosts 9 orang minyak 1 pontianak miss ponti kak ponz fatimah rocker whatever you want to call her she s singapore s most iconic hantu period also known as kuntilanak in indonesia pontianaks are spirits of women who have died during pregnancy or

**ghosts official site watch on cbs** - Mar 09 2023

web sep 28 2022 ghosts samantha and jay throw caution to the wind when they convert their recently inherited country estate into a bed and breakfast call it mislaid plans not only is the place falling apart but it s also inhabited by spirits of previous residents whom only samantha can see and hear

*another series of ghosts is on the way to bbc one and bbc* - May 31 2022

web dec 15 2022 the ghosts christmas special 2022 will be broadcast at 7 25pm on bbc one and bbc iplayer on christmas day all previous episodes of ghosts are available to watch now via bbc iplayer

**ghosts rotten tomatoes** - Feb 08 2023

web ghosts season 1 ncis sydney season 1 beacon 23 season 1 the crown season 6 scott pilgrim takes off season 1

**bbc one ghosts** - Sep 03 2022

web episodes a cash strapped young couple inherit a rickety country mansion only to find it teeming with needy ghosts grown up comedy from the horrible histories team

**ghost wikipedia** - Sep 15 2023

web t e in folklore a ghost is the soul or spirit of a dead person or non human animal that is believed to be able to appear to the living in ghostlore descriptions of ghosts vary widely from an invisible presence to translucent or barely visible wispy shapes to