

# SLEEP HYGIENE CHECKLIST

Want deeper sleep? Who doesn't?!

Use this sleep hygiene checklist to re-enforce healthy habits that help you sleep better at night.

## 30 tips to help you sleep like a baby!

- 1 20-minute naps only**  
Short power naps can increase your alertness and improve your mood, while long naps can interfere with your normal sleep cycle.
- 
- 2 Avoid napping if you can**  
If you didn't get enough sleep last night, it may be better to avoid napping completely so it doesn't upset your normal sleeping schedule.
- 3 Go to bed at the same time**  
Sticking to a regular schedule is the key to cultivating healthy sleep habits.
- 4 Get up at the same time**  
See above ;)
- 5 Get Vitamin D from the morning sun**  
Bask in some natural sunlight first thing in the morning to wake yourself up!
- 
- 6 Can't fall asleep? Go do something**  
If 20 minutes pass by and you're still awake, get up and do some light activity (like reading or meditating).
- 7 Don't work in bed**  
Use your bed strictly for sleeping, and not working or eating!
- 8 Invest in a good mattress**  
This one's a no-brainer. If you need help in choosing one, check out [sleepsavvy.com](http://sleepsavvy.com).
- 9 Pair your bed with fresh bedding**  
Clean, crisp sheets. Don't we all sleep better on a pile of freshness?

- 10 Say NO alcohol, caffeine and nicotine**  
Ditch the booze. At least 4-6 hours before bed. We all know these are stimulants!
- 11 Eat healthy and on time**  
Keeping to consistent meal times mean that our bodies know when to rest and when to digest. Try not to throw it off schedule.
- 12 Avoid eating before bed**  
If your body is working overtime when it should be resting, you probably won't sleep like a baby.
- 13 No water right before bed**  
Don't want multiple midnight pee breaks? Don't drink too much water and empty out your bladder before bed.
- 14 Exercise daily**  
Unleash all your excess energy in the gym, so you can fully recharge at night.
- 
- 15 Avoid exercising at night**  
The best time to work out is first thing in the morning, but if you can only go at night, do it at least 2-4 hours before bed.
- 16 Follow an evening ritual**  
How you end your day is important too - consider stretching or meditating an hour before bed.
- 17 Take a hot bath**  
Relax your mind, relax your body and welcome sleep.
- 18 Keep eyes off the clock**  
It causes more anxiety than not, especially when you wake up in the middle of the night. So don't check the time!
- 19 Stay away from screens**  
Blue light from our smart devices keeps us awake later, so practice being 'tech-free' at least 2H before bed.



# Quick Sleep Hygiene Tips Full Tutorial

**Hussin A.Rothana**



## **Quick Sleep Hygiene Tips Full Tutorial:**

## Decoding **Quick Sleep Hygiene Tips Full Tutorial**: Revealing the Captivating Potential of Verbal Expression

In a period characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its capability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Quick Sleep Hygiene Tips Full Tutorial**," a mesmerizing literary creation penned by way of a celebrated wordsmith, readers set about an enlightening odyssey, unraveling the intricate significance of language and its enduring effect on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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