

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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Richard Bailey



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Monthly Catalog of United States Government Publications ,2000 **Monthly Catalogue, United States Public Documents** ,1981 **The National Advocate** ,1904 OHS Canada ,2000 **English Mechanic and World of Science** ,1871 **The Engineer** ,1886 Amazing Brain and Body Breakthroughs ,2001 How to enhance your memory avoid Alzheimer s and improve your health and thinking at any age *How to Find the Best Doctors* John J. Connolly,1999-09 This book is the newly revised 4th edition of Castle Connolly s hot selling consumer guide on how to obtain the very best health care in the New York City area It is a unique book that provides information on about 6 000 of the best doctors in all 5 New York City boroughs Westchester Long Island counties plus northern New Jersey southern Connecticut Programs services of all acute care hospitals HMOs in the region are described as well The book explains what makes a doctor the best lays out the criteria to use when choosing a physician Sample questions for potential physicians other health care providers are incorporated Although oriented to local physicians the book also lists super specialists physicians known throughout the region to be outstanding in their field Most doctors listed regardless of their classification are Board Certified The physician listings include office address phone numbers HMO affiliations as well as hospital affiliations much more data all vital to careful physician selection The Guide also gives an overview of how to choose hospitals HMO offers a review of the inner workings of both To order call 1 800 399DOCS fax 212 980 1716 or write Castle Connolly Medical Ltd 150 E 58th St New York NY 10155 Available through Independent Publishers Group **Michigan Christian Advocate** ,1909 English Mechanic and Mirror of Science and Art ,1871 Forthcoming Books Rose Army,2004 Abridged Index Medicus ,1995

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Table of Contents Best Way To Sleep Hygiene Tips Usa 8976

1. Understanding the eBook Best Way To Sleep Hygiene Tips Usa 8976
 - The Rise of Digital Reading Best Way To Sleep Hygiene Tips Usa 8976
 - Advantages of eBooks Over Traditional Books
2. Identifying Best Way To Sleep Hygiene Tips Usa 8976
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Best Way To Sleep Hygiene Tips Usa 8976
 - User-Friendly Interface
4. Exploring eBook Recommendations from Best Way To Sleep Hygiene Tips Usa 8976
 - Personalized Recommendations
 - Best Way To Sleep Hygiene Tips Usa 8976 User Reviews and Ratings

- Best Way To Sleep Hygiene Tips Usa 8976 and Bestseller Lists
- 5. Accessing Best Way To Sleep Hygiene Tips Usa 8976 Free and Paid eBooks
 - Best Way To Sleep Hygiene Tips Usa 8976 Public Domain eBooks
 - Best Way To Sleep Hygiene Tips Usa 8976 eBook Subscription Services
 - Best Way To Sleep Hygiene Tips Usa 8976 Budget-Friendly Options
- 6. Navigating Best Way To Sleep Hygiene Tips Usa 8976 eBook Formats
 - ePub, PDF, MOBI, and More
 - Best Way To Sleep Hygiene Tips Usa 8976 Compatibility with Devices
 - Best Way To Sleep Hygiene Tips Usa 8976 Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Best Way To Sleep Hygiene Tips Usa 8976
 - Highlighting and Note-Taking Best Way To Sleep Hygiene Tips Usa 8976
 - Interactive Elements Best Way To Sleep Hygiene Tips Usa 8976
- 8. Staying Engaged with Best Way To Sleep Hygiene Tips Usa 8976
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Best Way To Sleep Hygiene Tips Usa 8976
- 9. Balancing eBooks and Physical Books Best Way To Sleep Hygiene Tips Usa 8976
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Best Way To Sleep Hygiene Tips Usa 8976
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Best Way To Sleep Hygiene Tips Usa 8976
 - Setting Reading Goals Best Way To Sleep Hygiene Tips Usa 8976
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Best Way To Sleep Hygiene Tips Usa 8976
 - Fact-Checking eBook Content of Best Way To Sleep Hygiene Tips Usa 8976
 - Distinguishing Credible Sources

13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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