

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.



Best Sleep Hygiene Tips Guide For Beginners

Annelies Wilder-Smith



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Table of Contents Best Sleep Hygiene Tips Guide For Beginners

1. Understanding the eBook Best Sleep Hygiene Tips Guide For Beginners
 - The Rise of Digital Reading Best Sleep Hygiene Tips Guide For Beginners
 - Advantages of eBooks Over Traditional Books
2. Identifying Best Sleep Hygiene Tips Guide For Beginners
 - 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 Sleep Hygiene Tips Guide For Beginners
 - User-Friendly Interface
4. Exploring eBook Recommendations from Best Sleep Hygiene Tips Guide For Beginners
 - Personalized Recommendations
 - Best Sleep Hygiene Tips Guide For Beginners User Reviews and Ratings
 - Best Sleep Hygiene Tips Guide For Beginners and Bestseller Lists

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