

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 Full Tutorial

**Long Beach (Calif.). Board of
Education**



Best Sleep Hygiene Tips Full Tutorial:

The Complete Guide to a Good Night's Sleep Carmel Harrington, 2014-05-01 Between 20-30% of the population experience problems with either falling asleep or staying asleep. The reasons are many and varied from anxiety to sleep apnoea or poor sleep hygiene such as the overuse of technology or too many wines before bed. Short term effects of too little sleep include changes in mood we feel tired, cranky, depressed, unmotivated, indecisive and unable to process information. We'll be disinclined to exercise. Our appetite hormones become irregular so we experience a strong desire to eat all the wrong types of food, chocolate chips and hamburgers. People suffering from chronic insomnia are far more likely to develop depression, certain types of cancer, cardiovascular diseases such as high blood pressure and heart disease, metabolic diseases such as type II diabetes and obesity and to top off an already grim picture are more likely to die younger. Dr Carmel Harrington knows that sleep solutions are not a one size fits all. Sleep is highly individual and there are many reasons why you may not be sleeping well. In this definitive guide she examines the process of sleep, the particular reasons why you are having trouble sleeping, well the behaviour patterns that hinder your restful sleep and helps you to uncover ways to achieve deep restful sleep on a permanent basis.

Inside Out Healing: The Complete Beginner's Guide to Gut Health Mark Carl, 2025-12-30 Your gut is more than a digestive organ it's the command center of your health. Inside Out Healing introduces you to the science and simplicity of gut wellness. Designed for beginners, this book explains how your gut microbiome affects immunity, mood and overall vitality and how small daily choices can make a big difference. Learn which foods support gut balance, how to identify triggers like stress and processed ingredients and how probiotics, sleep and hydration work together for lasting health. With practical meal ideas, lifestyle tips and clear explanations, this guide helps you reset your gut, restore harmony and feel alive again from the inside out.

The Complete Guide to Overcoming depression, low mood and other related problems (ebook bundle) Colin Espie, Jan Scott, Melanie Fennell, Paul Gilbert, William Davies, 2013-01-17 This exclusive ebook bundle comprises five practical self help programmes based on cognitive behavioural therapy (CBT) from the bestselling Overcoming series. Perfect for anyone experiencing problems with low mood or depression and associated problems such as low self esteem, anger or sleep problems. This is also the perfect resource for therapists. Each book includes Case studies, Practical exercises, Monitoring sheets. Overcoming Depression 3rd edition. If you suffer from depression you are far from alone. Depression is very common affecting over 300 million people around the world. Written by Professor Paul Gilbert OBE internationally recognised for his work on depression, this highly acclaimed self help book has been of benefit to thousands of people including sufferers, their friends and families and those working in the medical profession. This fully revised third edition has been extensively updated and rewritten to reflect over ten years of new research on understanding and treating depression, particularly the importance of developing compassionate ways of thinking, behaving and feeling. Overcoming Mood Swings. Most people know what it is like to

experience high or low spirits For some individuals however emotional extremes can seriously disrupt their lives either because they happen too frequently or because the mood swings are intense and are accompanied by other symptoms of depression or mania often referred to as bipolar disorder This practical self help guide provides background information on depression and mania and offers tried and tested techniques that will help the reader identify and manage their mood more effectively and achieve a more stable emotional state

Overcoming Low Self Esteem A self help classic winning acclaim for its practical and user friendly approach and now recommended on the National Health Service s self help scheme known as Books on Prescription This book will aid readers to understand what has caused their low self esteem and with this knowledge break out of the vicious circle of negative self image learn the art of self acceptance and alter their lives for the better

Overcoming Anger and Irritability An invaluable self help guide to managing a widespread behavioural problem This is a practical self help programme for those who find that they are spoiling the lives of both themselves and those around them with their almost constant irritability and flashes of bad temper It will help the reader understand why such behaviour occurs and what can be done to prevent it

Overcoming Insomnia Extensive research conducted over 25 years has established Cognitive Behavioural Therapy CBT as the treatment of choice for insomnia For the first time proven CBT principles have been brought together by a world renowned expert on insomnia in a comprehensive self help manual In a clear step by step approach new patterns of relaxation sleeping and waking are quickly learnt Based on clinically proven techniques

The Boy's Fitness Guide Frank C. Hawkins, Rares Nick Morar, Gheorghe Muresan, 2008 A guide for teenage boys on how to stay healthy and fit provides information on nutrition exercise hygiene and self esteem

A Practical Guide to Health, and to the Home Treatment of the Common Ailments of Life Frederic Arnold Lees, 1874

The American Medical Association Guide to Better Sleep Lynne Lamberg, American Medical Association, 1984

The Cook's Complete Guide on the Principles of Frugality, Comfort, and Elegance Esther Copley, 1810

Readers' Guide to Periodical Literature Anna Lorraine Guthrie, 1929 An author subject index to selected general interest periodicals of reference value in libraries

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Health Education, Course of Study for Senior High School Girls ... Long Beach (Calif.). Board of Education, 1930

The Happy Home Health Guide Celia M. Haynes, 1887

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Uniform Course of Study for the Elementary Schools of Indiana Indiana. Department of Public Instruction, 1918

Cassell's Household Guide, 1911

A Guide to Track and Field Work Contests and Kindred Activities William Albin Stecher, 1912

Course of Study in Health Education San Francisco (Calif.). Public Schools, 1925

The Complete Idiot's Guide to Child Safety Miriam Bachar Settle, Susan Crites Price, 2000 The Complete Idiot s Guide to Child Safety is a security blanket for parents to ensure that children are safe at home in the neighborhood or on the road

Tentative Course of Study Health Education: Second grade

South Bend (Ind.). Board of Education,1929 Course of Study for the Common Schools of Illinois Illinois Education
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web nov 8 2021 to open the conference i will give a brief tour of the important research on display here then discuss how the pandemic has affected the economy along gender

opening speech at the srb annual conference 2021 by Elke König - Apr 09 2023

web oct 25 2018 first of all i would like to express how happy i am to be with you this morning i thank his excellency the

prime minister and the government of kazakhstan

opening remarks at empowering inclusivity conference - Oct 15 2023

web nov 16 2023 minister for manpower dr tan see leng ite college central 1 a very good morning to all it is my pleasure to join you at today s empowering inclusivity

opening remarks international conference on immigration - Apr 28 2022

web oct 24 2021 unicef executive director henrietta fore 25 october 2021 excellencies colleagues friends it is a pleasure to be with you here today for the world health

jerome powell opening remarks 8211 research and - Jun 18 2021

web 14 hours ago beijing u s president joe biden and chinese president xi jinping met wednesday outside of san francisco in their first face to face encounter in a year the

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who director general s opening remarks at global symposium - Jun 30 2022

web jan 9 2023 here are some examples of short opening remarks for a program 1 you are welcome to program name we re so happy you could be here with us today 2 we

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opening address chief of army history conference 2023 - Aug 21 2021

web 2 days ago as prepared for delivery good morning and welcome to the 30th annual finance ministers meeting thank you to the city of san francisco for hosting us and to

opening remarks by chair powell at the gender and the - Feb 07 2023

web 10 hours ago speech opening remarks by president ferdinand r marcos jr at the apec ceo summit session 6 abac u s and

ncapec for holding this apec

welcome speech for a scientific conference examples tips - Aug 13 2023

web sep 21 2020 opening remarks at the 2020 international conference on sustainable development center for sustainable development columbia university by tao zhang

remarks by president biden and president xi Jinping of the - Jan 14 2021

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