

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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Jianjun Gao



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Table of Contents Top Method For Sleep Hygiene Tips 17595

1. Understanding the eBook Top Method For Sleep Hygiene Tips 17595
 - The Rise of Digital Reading Top Method For Sleep Hygiene Tips 17595
 - Advantages of eBooks Over Traditional Books
2. Identifying Top Method For Sleep Hygiene Tips 17595
 - 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 Top Method For Sleep Hygiene Tips 17595
 - User-Friendly Interface
4. Exploring eBook Recommendations from Top Method For Sleep Hygiene Tips 17595
 - Personalized Recommendations
 - Top Method For Sleep Hygiene Tips 17595 User Reviews and Ratings
 - Top Method For Sleep Hygiene Tips 17595 and Bestseller Lists
5. Accessing Top Method For Sleep Hygiene Tips 17595 Free and Paid eBooks

- Top Method For Sleep Hygiene Tips 17595 Public Domain eBooks
 - Top Method For Sleep Hygiene Tips 17595 eBook Subscription Services
 - Top Method For Sleep Hygiene Tips 17595 Budget-Friendly Options
6. Navigating Top Method For Sleep Hygiene Tips 17595 eBook Formats
- ePub, PDF, MOBI, and More
 - Top Method For Sleep Hygiene Tips 17595 Compatibility with Devices
 - Top Method For Sleep Hygiene Tips 17595 Enhanced eBook Features
7. Enhancing Your Reading Experience
- Adjustable Fonts and Text Sizes of Top Method For Sleep Hygiene Tips 17595
 - Highlighting and Note-Taking Top Method For Sleep Hygiene Tips 17595
 - Interactive Elements Top Method For Sleep Hygiene Tips 17595
8. Staying Engaged with Top Method For Sleep Hygiene Tips 17595
- Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Top Method For Sleep Hygiene Tips 17595
9. Balancing eBooks and Physical Books Top Method For Sleep Hygiene Tips 17595
- Benefits of a Digital Library
 - Creating a Diverse Reading Collection Top Method For Sleep Hygiene Tips 17595
10. Overcoming Reading Challenges
- Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Top Method For Sleep Hygiene Tips 17595
- Setting Reading Goals Top Method For Sleep Hygiene Tips 17595
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Top Method For Sleep Hygiene Tips 17595
- Fact-Checking eBook Content of Top Method For Sleep Hygiene Tips 17595
 - 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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