

# Prepare for sleep during the day

The elements of a good night's sleep start long before you go to bed. For a more refreshing rest, try to adopt some of these healthy sleep habits **during the day**.

## Stick to a Sleep Schedule

Go to sleep and wake up at the same time every day. This reinforces your circadian rhythm to promote healthy sleep-wake cycles.



## Write Down Your Worries

Don't take stress to bed. Research shows that writing down your worries early in the day can help you fall asleep faster at bedtime.



## Create a Healthy Sleep Environment

Your room should be a relaxing, creating a clean, cozy retreat for sleep may help your mind switch off more easily at night.



## Avoid Stimulants & Limit Alcohol

Caffeine should not be consumed four to six hours before bedtime. Limit alcohol as drinking in excess has been linked to poor sleep.



## Exercise & Get Outside

30-minutes of moderate exercise and sunshine during the day makes it easier to sleep at night—and give you a serotonin boost, too!



# and sleep more soundly at night

Want to wake up feeling refreshed? When you're ready to head to bed, follow these tips to improve the quality and quantity of **your sleep at night**.

## Don't Head to Bed When You're Not Tired

An early night might sound nice, but don't force sleep. Heading to bed before you're tired may lead to sleep anxiety and insomnia.



## Create a Daily 'Wind-Down' Routine

Hyperarousal (an active or "busy" mind) is the main reason people with insomnia can't sleep. Make time to switch off before bed.



## Block Out Noise & Light

A quiet and dark room is essential for a good night's sleep. Light exposure and noise can interfere with sleep quantity and quality.



## Make Your Bed a Sleep & Intimacy Zone

Leave work at your desk and meals in the kitchen. Your brain should only associate bed with sleep and intimate activities.



## Don't Take Your Phone or Other Devices to Bed

Unplug at night. Blue light delays the release of sleep-inducing melatonin, increases alertness, and sets back your internal sleep clock.



# Top Sleep Hygiene Tips Step Plan 17169

**Mark Steyvers**



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## **Table of Contents Top Sleep Hygiene Tips Step Plan 17169**

1. Understanding the eBook Top Sleep Hygiene Tips Step Plan 17169
  - The Rise of Digital Reading Top Sleep Hygiene Tips Step Plan 17169
  - Advantages of eBooks Over Traditional Books
2. Identifying Top Sleep Hygiene Tips Step Plan 17169
  - 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 Sleep Hygiene Tips Step Plan 17169
  - User-Friendly Interface
4. Exploring eBook Recommendations from Top Sleep Hygiene Tips Step Plan 17169
  - Personalized Recommendations
  - Top Sleep Hygiene Tips Step Plan 17169 User Reviews and Ratings
  - Top Sleep Hygiene Tips Step Plan 17169 and Bestseller Lists
5. Accessing Top Sleep Hygiene Tips Step Plan 17169 Free and Paid eBooks
  - Top Sleep Hygiene Tips Step Plan 17169 Public Domain eBooks

- Top Sleep Hygiene Tips Step Plan 17169 eBook Subscription Services
- Top Sleep Hygiene Tips Step Plan 17169 Budget-Friendly Options
- 6. Navigating Top Sleep Hygiene Tips Step Plan 17169 eBook Formats
  - ePub, PDF, MOBI, and More
  - Top Sleep Hygiene Tips Step Plan 17169 Compatibility with Devices
  - Top Sleep Hygiene Tips Step Plan 17169 Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Top Sleep Hygiene Tips Step Plan 17169
  - Highlighting and Note-Taking Top Sleep Hygiene Tips Step Plan 17169
  - Interactive Elements Top Sleep Hygiene Tips Step Plan 17169
- 8. Staying Engaged with Top Sleep Hygiene Tips Step Plan 17169
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Top Sleep Hygiene Tips Step Plan 17169
- 9. Balancing eBooks and Physical Books Top Sleep Hygiene Tips Step Plan 17169
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Top Sleep Hygiene Tips Step Plan 17169
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine Top Sleep Hygiene Tips Step Plan 17169
  - Setting Reading Goals Top Sleep Hygiene Tips Step Plan 17169
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Top Sleep Hygiene Tips Step Plan 17169
  - Fact-Checking eBook Content of Top Sleep Hygiene Tips Step Plan 17169
  - 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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