

Sleep hygiene



Sleep hygiene refers to good sleep habits. The following are some ways of establishing and maintaining healthy sleep routines, and can provide long-term solutions to sleep difficulties:

Routines

Teach your body to get ready for sleep

- Go to bed and get up at regular times
- Develop a personal, relaxing, pre-bed routine e.g. stretching or breathing exercises
- A hot bath 1-2 hours before bed or a warm glass of milk can help
- Teach your body to link 'bed' with 'sleeping' - avoid using the bed to eat, work, read, or use electronic devices



Environment

Are your surroundings suitable for sleep?

- A cooler room with enough blankets for warmth is best
- Use heavy curtains/blinds, an eyemask and/or earplugs to block out light and noise



Diet, exercise and napping

What you do in the day impacts your sleep at night

- Avoid naps, or restrict naps to less than 1 hour before 3pm
- Avoid caffeine, nicotine, and alcohol at least 4-6 hours before bed
- Avoid looking at bright screens (e.g. phone, tablet) 2-3 hours before bed
- Exercise regularly but avoid strenuous exercise within 4 hours of bedtime
- Maintain a balanced diet but avoid a large meal soon before bed



Reactions

How we respond to poor night's sleep can help make or break a poor sleep cycle

- If you can't fall asleep after about 20 minutes, get up, do a calm or boring activity until you feel sleepy, then return to bed
- Avoid frequently checking the clock at night
- Try to do everything you had planned for the day, even if you slept poorly the night before



Easy Sleep Hygiene Tips Guide For Beginners 7819

Victor M. Corman



Easy Sleep Hygiene Tips Guide For Beginners 7819:

Unveiling the Energy of Verbal Beauty: An Psychological Sojourn through **Easy Sleep Hygiene Tips Guide For Beginners 7819**

In a world inundated with displays and the cacophony of instantaneous conversation, the profound power and mental resonance of verbal art usually fade into obscurity, eclipsed by the regular barrage of noise and distractions. However, set within the lyrical pages of **Easy Sleep Hygiene Tips Guide For Beginners 7819**, a fascinating function of fictional elegance that impulses with natural emotions, lies an remarkable trip waiting to be embarked upon. Penned by way of a virtuoso wordsmith, that mesmerizing opus manuals readers on a mental odyssey, softly exposing the latent potential and profound impact embedded within the complicated web of language. Within the heart-wrenching expanse of this evocative evaluation, we shall embark upon an introspective exploration of the book is main subjects, dissect its fascinating writing type, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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