

# 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.



# Why Sleep Hygiene Tips Ideas

**RC Schank**



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traffic enforcement and business checks are all part of the patrol function

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**how to write a simple letter asking for financial support for medical** - Jul 02 2022

web it should give facts about the income of the patient and of costs of to medicine the letter should becoming geared to of audience it may be different if itp is till a government agency than to a private institution letter please for financial assistance included paying hospital bills for scribd go is an sample buchstaben demand

*how to write a financial assistance letter examples included* - Jun 01 2022

web apr 26 2023 office of financial aid university or college street city state zip insert the address of the individual by name you want to ascertain a somewhat personal yet respectful tone avoid honoring them solely by their title be direct concise and civil e g mr matthews mrs jones ms atkinson etc

**medical hardship letter how to draft it right request letters** - Nov 06 2022

web aug 26 2023 while my health insurance partially covers some of the expenses there are significant costs that are not covered including deductibles co payments and additional medical expenses given the urgency and gravity of my medical situation i kindly request your assistance in obtaining a loan of loan amount needed to help me cover these

application for financial help for medical treatment - Feb 09 2023

web dec 29 2022 here is a sample letter that you can use as a guide dear name of financial aid officer or organization i am writing to request financial assistance for the medical treatment of my daughter name of daughter

*how to write a letter of financial assistance for medical treatment* - Mar 30 2022

web aug 15 2022 1 be clear about why you are writing the letter the first step is to clearly state the reason for your letter in the opening paragraph be as specific as possible about why you need financial assistance and what medical treatment you are seeking 2 explain your current situation

**request letter asking for financial help in paying hospital bills** - Feb 26 2022

web sub sub letter asking for financial help in paying hospital bills i am writing to request financial assistance for my family from your organization as a result of unexpected and significant medical expenses we are experiencing extreme challenges in our monthly budgeting for basic living expenses describe in your own words

**how to write a simple letter asking for financial support for medical** - Jun 13 2023

web use this sample letter requesting medical assistance as template for your formal request letter last updated on june 27th 2022 letter asking for financial support for medical expenses free sample

*letter asking for financial assistance in paying hospital scribd* - Dec 07 2022

web bills you can follow these sample formats of request letter or application to send to your office senior employer friend and telling them about your tough financial crisis and how medical bills are way out of your range you can make any change to the below application as per your needs date friend relative respected person name

*writing a medical financial assistance letter medhomeinfo org* - Sep 04 2022

web aug 15 2022 sample medical financial assistance letters there are a few things to keep in mind when writing a medical financial assistance letter first it s important to be clear and concise about what you need assistance with be specific about why you need assistance and how much you need

*writing a reimbursement letter for medical expenses with samples* - Aug 03 2022

web normally it should only contain copies of all documents but in some cases the insurance company may require original documents sample 1 reimbursement letter for medical expenses name of claimant address of claimant city state zip code date name of insurance administrator name of insurance company

*sample letter to request financial assistance for hospital bills* - Dec 27 2021

web sample letter to request financial assistance for hospital bills have you ever been snubbed seeking medical help because you can t cover the cost or rather had hefty hospital bills whichever the case you aren t alone

*how to write a letter requesting financial assistance for medical* - Oct 05 2022

web aug 16 2022 there are a number of organizations that can help you write a letter requesting financial assistance for medical bills the national association of letter writers offers a free template and tips on their website the american hospital association also has a sample letter on their website when writing your letter be sure to include

**sample letter of financial assistance for medical expenses of an** - Jan 28 2022

web your social security re date s in the hospital or of medical procedure mm dd yyyy dear sir or madam this is the medical hardship letter to state my inability to pay the bill for amount of for the procedure performed on the mm dd yyyy or my hospital stay from mm dd yyyy to mm dd yyyy