

# Tips for positive sleep hygiene



**Regularity:** To train your body into a regular rhythm, go to bed and get up at the same time every day - even on weekends!



**Avoid caffeine before bed:** coffee, tea, cola drinks and even chocolate are all stimulants that interfere with the ability to fall asleep.



**Bathtime:** a hot bath 1-2 hours before bed can be helpful in raising your body temperature, causing you to feel sleepy as it lowers again.



**Exercise:** Regular exercise is a good idea to help with sleep but try not to do strenuous exercise in the four hours before bed time.



**Natural light:** Getting as much daylight as possible helps the body to produce melatonin, a natural hormone that promotes sleep.

**Sleep when sleepy:** Only try to sleep when you actually feel tired, rather than spending too much time lying awake in bed.



**No naps!:** Try to avoid taking naps throughout the day to ensure you are tired at bedtime.



**Sleep diary:** Use a written sleep diary or an app to monitor your sleep; you might be able to identify patterns and what helps



**Eat right:** A healthy balanced diet will help you sleep well, but timing is important - a heavy meal soon before bed can interrupt sleep.



# Why Sleep Hygiene Tips Explained For Beginners 6944

**L Towne**



## **Why Sleep Hygiene Tips Explained For Beginners 6944:**

**Therapy in Sleep Medicine E-Book** Teri J. Barkoukis, Jean K. Matheson, Richard Ferber, Karl Doghramji, 2011-10-31  
Therapy in Sleep Medicine by Drs Teri J Barkoukis Jean K Matheson Richard Ferber and Karl Doghrami provides the clinically focused coverage you need for rapid diagnosis and effective treatment of sleep disorders A multidisciplinary team of leading authorities presents the latest on sleep breathing disorders including obstructive sleep apnea neuropharmacology parasomnias neurologic disorders affecting sleep sleep therapy for women sleep therapy in geriatric patients controversies and future trends in therapy in a highly illustrated easy to follow format Diagnose and treat patients effectively with complete coverage of the full range of sleep disorders Find diagnostic and treatment information quickly and easily thanks to a highly illustrated easy to read format that highlights key details Stay current on discussions of hot topics including sleep breathing disorders including obstructive sleep apnea neuropharmacology parasomnias neurologic disorders affecting sleep sleep therapy for women sleep therapy in geriatric patients controversies and future trends in therapy Tap into the expertise of a multidisciplinary team of leading authorities for well rounded trusted guidance *New York Magazine* ,1980-05-12 New York magazine was born in 1968 after a run as an insert of the New York Herald Tribune and quickly made a place for itself as the trusted resource for readers across the country With award winning writing and photography covering everything from politics and food to theater and fashion the magazine s consistent mission has been to reflect back to its audience the energy and excitement of the city itself while celebrating New York as both a place and an idea *Congressional Record* United States. Congress,1957 The Congressional Record is the official record of the proceedings and debates of the United States Congress It is published daily when Congress is in session The Congressional Record began publication in 1873 Debates for sessions prior to 1873 are recorded in The Debates and Proceedings in the Congress of the United States 1789 1824 the Register of Debates in Congress 1824 1837 and the Congressional Globe 1833 1873 **Cumulated Index Medicus** ,1994 Sociological Abstracts ,1979 New York ,1980 **Dun's Healthcare Reference Book** ,1996 **Abridged Index Medicus** ,1994 **Dissertation Abstracts International** ,2006 B.A.S.I.C. ,1963 American Book Publishing Record ,1992 **Ulrich's International Periodicals Directory** ,1996 **Forthcoming Books** Rose Army,1995-02 **Cumulative Author Index to Psychological Abstracts** ,1975 Sonsbeek 9 ,2001 Net zoals zijn voorgangers kijkt ook de artistiek directeur van Sonsbeek 01 de Belgische curator Jan Hoet naar de Sonsbeek edities uit het verleden In zijn inleiding voor de catalogus benadrukt Hoet het belang van continu teit en traditie Hij refereert in het bijzonder aan de in 2000 overleden Wim Beeren die dertig jaar eerder de protagonist was van Sonsbeek 71 Sonsbeek buiten de perken Terwijl Beeren en ook Valerie Smith kiezen voor een verspreiding van de kunstwerken besluit Hoet om zich te beperken tot drie verschillende plaatsen Vandaar de ondertitel LocusFocus De keuze valt op het voor Arnhem karakteristieke Park Sonsbeek het culturele de Eusebiuskerk het historische en het winkelcentrum Kronenburg het sociaal economische

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