

# 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.



# Best Sleep Hygiene Tips Guide

**J Dewey**



## **Best Sleep Hygiene Tips Guide:**

## Unveiling the Energy of Verbal Artistry: An Psychological Sojourn through **Best Sleep Hygiene Tips Guide**

In some sort of inundated with displays and the cacophony of fast transmission, the profound energy and psychological resonance of verbal artistry often fade into obscurity, eclipsed by the regular onslaught of noise and distractions. Yet, situated within the lyrical pages of **Best Sleep Hygiene Tips Guide**, a interesting perform of fictional brilliance that impulses with fresh feelings, lies an unique trip waiting to be embarked upon. Penned with a virtuoso wordsmith, that mesmerizing opus guides visitors on a mental odyssey, gently revealing the latent potential and profound impact embedded within the complex internet of language. Within the heart-wrenching expanse of this evocative examination, we can embark upon an introspective exploration of the book is central themes, dissect its charming writing type, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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