

# 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.



# Simple Sleep Hygiene Tips Ideas For Creators

**SA Adler**



## Simple Sleep Hygiene Tips Ideas For Creators:

**Change Maker** John Berardi, 2019-11-05 The health and fitness industry is huge highly competitive and often confusing to navigate This one of a kind book helps you make sense of the chaos laying out a clear roadmap for career success for both established professionals and anyone just getting started With thousands of certifications seminars websites and gurus promising advice it s difficult for even the best pros to turn their passion for health and fitness into meaningful and measurable success Enter Change Maker In this definitive career guide John Berardi co founder of Precision Nutrition founder of Change Maker Academy and one of the most successful people in the history of the health and fitness industry shares his blueprint for becoming the ultimate change maker one with a powerful purpose an enthusiastic client base and the ability to fund your own ideal lifestyle Whether you re new to the industry and looking for a head start or you re already an expert but need a fresh approach consider this your go to career guide With six helpful steps this book covers the range of logistical financial psychological and practical issues that every health and fitness pro needs to know including how to Choose your specialty based on your unique strengths Identify what your clients really want and deliver it every time Build new relationships and become a next level coach Get new clients make more money and manage a thriving business Nurture and protect your most precious asset your reputation Create a life long growth oriented continuing education plan If you work as a trainer nutritionist functional medicine doctor group instructor rehab specialist or health coach or you eventually want to this step by step guide will help you turn your passion for health and fitness into work you find joy in your clients into raving fans and your career into something powerful meaningful and change making *Pervasive Computing Technologies for Healthcare* Haridimos Kondylakis, Andreas Triantafyllidis, 2025-05-24 The two volume set LNICST 611 and LNICST 612 constitutes the refereed proceedings of the 18th EAI International Conference on Pervasive Computing Technologies for Healthcare PervasiveHealth 2024 held in Heraklion Crete Greece during September 17 18 2024 The 45 full papers included in these proceedings were carefully reviewed and selected from 120 submissions They were split in topical sections as follows Part I Patient Empowerment Artificial Intelligence Medical Imaging Education Part II Education mHealth and Telemonitoring 3rd IOT HR Workshop on Internet of Things in Health Research Posters [Creative Leadership: How to Motivate and Inspire the Designers, Content Creators, and Writers on Your Team](#) K. Lee Butler, 2024-09-20 Tired of struggling to lead a team of creative individuals Leading a team of creative individuals can be a unique and rewarding experience but it also presents distinct challenges Unlike traditional teams creative teams often require a different approach to management This comprehensive guide offers invaluable insights into the unique dynamics of creative leadership Discover how to foster a culture of innovation inspire your team to reach their full potential and navigate the complexities of creative collaboration With practical advice and real world examples this book will help you Build strong relationships Learn how to effectively communicate inspire and collaborate with creative individuals who may have different communication styles and

work habits than other professionals do Understand creative processes Gain insights into the unique ways that creatives work and think and how to support their creative process Navigate challenges Discover strategies for overcoming common obstacles such as learning to take criticism conflicts and resistance to change Develop your leadership skills Learn how to become a more effective and inspiring leader of creative teams by adapting your management style to your team s unique needs If you re a manager or leader of a creative team this book is essential reading

*The Grain Brain Whole Life Plan* David Perlmutter,2016-11-15 The official guide to Dr David Perlmutter s revolutionary approach to vibrant health as described in his New York Times bestsellers Grain Brain The Grain Brain Cookbook and Brain Maker i With more than a million copies sold worldwide Dr Perlmutter s books have changed many lives Now he s created a practical comprehensive program that lowers the risk for brain ailments while yielding other benefits such as weight loss relief from chronic conditions and total body rejuvenation Science based and highly accessible The Grain Brain Whole Life Plan expands upon the core advice from Dr Perlmutter s previous works and introduces new information about the advantages of eating more fat fewer carbs and nurturing the microbiome Including original recipes tips and tricks for common challenges meal plans and advice on everything from sleep hygiene to stress management exercise supplements and more The Grain Brain Whole Life Plan shows how to live happily and healthily ever after

*Identifying and addressing the impact of exposure to maltreatment and experience in children and child serving systems of care* Melissa Kimber,Wynne Morgan,Jeanette Scheid,2024-04-29

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