

SLEEP HYGIENE CHECKLIST

Want deeper sleep? Who doesn't?!

Use this sleep hygiene checklist to re-enforce healthy habits that help you sleep better at night.

30 tips to help you sleep like a baby!

- 1 20-minute naps only**
Short power naps can increase your alertness and improve your mood, while long naps can interfere with your normal sleep cycle.
- 
- 2 Avoid napping if you can**
If you didn't get enough sleep last night, it may be better to avoid napping completely so it doesn't upset your normal sleeping schedule.
- 3 Go to bed at the same time**
Sticking to a regular schedule is the key to cultivating healthy sleep habits.
- 4 Get up at the same time**
See above ;)
- 5 Get Vitamin D from the morning sun**
Bask in some natural sunlight first thing in the morning to wake yourself up!
- 
- 6 Can't fall asleep? Go do something**
If 20 minutes pass by and you're still awake, get up and do some light activity (like reading or meditating).
- 7 Don't work in bed**
Use your bed strictly for sleeping, and not working or eating!
- 8 Invest in a good mattress**
This one's a no-brainer. If you need help in choosing one, check out sleepsavvy.com.
- 9 Pair your bed with fresh bedding**
Clean, crisp sheets. Don't we all sleep better on a pile of freshness?

- 10 Say NO alcohol, caffeine and nicotine**
Ditch the booze. At least 4-6 hours before bed. We all know these are stimulants!
- 11 Eat healthy and on time**
Keeping to consistent meal times mean that our bodies know when to rest and when to digest. Try not to throw it off schedule.
- 12 Avoid eating before bed**
If your body is working overtime when it should be resting, you probably won't sleep like a baby.
- 13 No water right before bed**
Don't want multiple midnight pee breaks? Don't drink too much water and empty out your bladder before bed.
- 14 Exercise daily**
Unleash all your excess energy in the gym, so you can fully recharge at night.
- 
- 15 Avoid exercising at night**
The best time to work out is first thing in the morning, but if you can only go at night, do it at least 2-4 hours before bed.
- 16 Follow an evening ritual**
How you end your day is important too - consider stretching or meditating an hour before bed.
- 17 Take a hot bath**
Relax your mind, relax your body and welcome sleep.
- 18 Keep eyes off the clock**
It causes more anxiety than not, especially when you wake up in the middle of the night. So don't check the time!
- 19 Stay away from screens**
Blue light from our smart devices keeps us awake later, so practice being 'tech-free' at least 2H before bed.



Quick Sleep Hygiene Tips Online For Workers

N Colangelo



Quick Sleep Hygiene Tips Online For Workers:

Quick Sleep Hygiene Tips Online For Workers: Bestsellers in 2023 The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous engrossing novels captivating the hearts of readers worldwide. Lets delve into the realm of bestselling books, exploring the fascinating narratives that have captivated audiences this year. Quick Sleep Hygiene Tips Online For Workers : Colleen Hoover's "It Ends with Us" This heartfelt tale of love, loss, and resilience has gripped readers with its raw and emotional exploration of domestic abuse. Hoover masterfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can prevail. Quick Sleep Hygiene Tips Online For Workers : Taylor Jenkins Reid's "The Seven Husbands of Evelyn Hugo" This spellbinding historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reid's absorbing storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Quick Sleep Hygiene Tips Online For Workers : Delia Owens' "Where the Crawdads Sing" This captivating coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens spins a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These popular novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of compelling stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a brilliant and suspenseful novel that will keep you wondering until the very end. The novel is a cautionary tale about the dangers of obsession and the power of evil.

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