

# 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.



# Beginner Friendly Sleep Hygiene Tips Explained For Experts

**Tobias Bleicker**



## **Beginner Friendly Sleep Hygiene Tips Explained For Experts:**

## Embracing the Melody of Term: An Psychological Symphony within **Beginner Friendly Sleep Hygiene Tips Explained For Experts**

In a world used by displays and the ceaseless chatter of immediate communication, the melodic elegance and mental symphony created by the written term frequently fade in to the back ground, eclipsed by the constant noise and distractions that permeate our lives. Nevertheless, set within the pages of **Beginner Friendly Sleep Hygiene Tips Explained For Experts** a stunning fictional prize overflowing with fresh emotions, lies an immersive symphony waiting to be embraced. Constructed by a wonderful musician of language, this interesting masterpiece conducts viewers on a psychological trip, well unraveling the hidden songs and profound influence resonating within each cautiously crafted phrase. Within the depths of the poignant analysis, we can explore the book is key harmonies, analyze its enthralling writing model, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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