

# 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 Full Tutorial For Creators

**Cassell & Company**



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Introduction to Sports Analytics An overview of the role and evolution of analytics in sports Data and Data Management Understanding the types of data available and how to manage them effectively Predictive Analytics and Metrics Utilizing statistical models to forecast outcomes and evaluate player performance Analytics in the Organization Strategies for implementing analytics within a sports organization Building and Managing an Analytic Team Guidance on assembling a team capable of leveraging analytics for strategic advantage

The Home Guide Marie Ackley Marshall,1878 *The Latina Guide to Health* Jane L. Delgado, PhD,2010-01-19 Written by Dr Jane L Delgado the nation s leading expert on Hispanic health The Latina Guide to Health features cutting edge medical information and advice for all Hispanic women With a deep understanding of what it means to be a Latina in the U S today Dr Delgado offers practical advice on the health issues women face separates myths from facts and answers questions about what to do She thoroughly discusses concerns for Latinas including higher rates of arthritis cervical cancer depression and diabetes and the greater likelihood of being overweight She also points to the good news Latinas have lower rates of heart disease stroke and breast cancer and live longer The Latina Guide to Health provides advice on Understanding the medical system Preparing for an annual wellness visit Developing healthy eating habits and an exercise program Keeping good health records Caring for children and other loved ones Nurturing your spirit through healthy relationships and faith Authoritative and accessible this invaluable guide includes an extensive quick reference health section five essential tools to help Latinas keep track of their health and sidebars charts and website resources throughout

**The Medical Critic and Guide** William Josephus Robinson,1916 The Carver and Gilder's Guide, and Picture Frame Maker's Companion ... By a Practical Hand ,1873 *The Happy Home Health Guide* Celia M. Haynes,1887 **Pattern Makers' Journal** ,1921 *A Woman's Guide to Hormone Health* J. Ron Eaker,2008 Easy to understand straight forward information about what s happening to women s bodies as they near and reach menopause that dispels myths about change of life provides tips for a healthy lifestyle and discusses treatment options Provided by publisher

**Cassell's Household Guide: Being a Complete Encyclopaedia of Domestic and Social Economy, Etc** Cassell & Company,1877 Walking Magazine's the Complete Guide to Walking for Health, Weight Loss, and Fitness Mark

Fenton,2001 A guide to walking presents a diet and exercise plan to improve overall health lose weight build endurance and speed and become fit     **Kleiser's Complete Guide to Public Speaking** Grenville Kleiser,1915     **The Good Health Fact Book : a Complete Question-and-answer Guide to Getting Healthy and Staying Healthy** Reader's Digest Association (Canada),1992     **Country Guide and Nor'west Farmer** ,1927     *Farmers' Guide* ,1897     **The Young Woman's Guide to Excellence** William Andrus Alcott,1852     *Self-improvement [abridged from 'The student's guide', by J. Todd]*. John Todd,1894     *The Literary Guide and Rationalist Review* ,1925     *The Paper Makers Journal* ,1915     *Bible Society record* ,1894

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