

# 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 Way To Sleep Hygiene Tips Usa

**Patricia A. Potter, Anne G.  
Perry, Patricia A. Stockert, Amy  
Hall, Wendy R. Ostendorf**

## **Best Way To Sleep Hygiene Tips Usa:**

**How to ADHD** Jessica McCabe,2024-01-02 THE NEW YORK TIMES BESTSELLER Jessica McCabe changed my life for the better with her kind bright and thoroughly researched ADHD videos and now with her book she just might change yours too KAT BROWN AUTHOR OF IT S NOT A BLOODY TREND UNDERSTANDING LIFE AS AN ADHD ADULT From the host of the award winning HOW TO ADHD YouTube channel and creator of the Dopamine Menu In How to ADHD Jessica McCabe reveals the insights and tools that have changed her life while offering an unflinching look at the realities of every day with ADHD Sharing stories of her struggles with the condition which spiralled as she approached adulthood Jessica offers expert backed guidance for adapting your environment routines and systems to work with the ADHD brain including how to boost your organisational skills and learn why doing more starts with doing less facilitate your focus and fight distractions by decreasing the noise build your time wisdom by planning backwards to prioritise more effectively Presented in an ADHD friendly design and packed with practical advice and tools How to ADHD is an affirming warm and helpful guide that will help you recognise your challenges tackle bad brain days and to ultimately be kinder to yourself Maternal-Child Nursing - E-Book Emily Slone McKinney,Susan Rowen James,Sharon Smith Murray,Kristine Nelson,Jean Ashwill,2012-10-01 Integrated electronic features match icons in the text so you can use print and electronic resources more effectively together Using Research to Improve Practice boxes help you determine proper care to reinforce best practice Spanish translations are included for phrases commonly encountered with maternity and pediatric patients Improved design makes the text easier to read and up to date photos ensure accuracy **Health and Health Practices** Belva Cuzzort,John William Trask,1923

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