

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.



Easy Sleep Hygiene Tips Explained

Catherine Barr



Easy Sleep Hygiene Tips Explained:

Women's Health Care in Advanced Practice Nursing, Second Edition Ivy M. Alexander, PhD, APRN, ANP-BC, FAANP, FAAN, Versie Johnson-Mallard, PhD, ARNP, WHNP-BC, FAANP, Elizabeth Kostas-Polston, PhD, APRN, WHNP-BC, FAANP, Catherine Ingram Fogel, PhD, RNC, FAAN, Nancy Fugate Woods, PhD, RN, FAAN, 2016-08-19 Replete with vital information the second edition of this authoritative women's health text provides graduate nursing students and nurse practitioners with the resources to deliver optimal health to women of all ages Edited by a team of highly distinguished clinicians scholars and educators chapters retain a distinctive sociocultural lens that gives a view of women's health as it relates to women's lives and identities Eighteen new chapters address clinical primary care topics genetics environmental and occupational health promotion health considerations for female caregivers transgender care urologic health concerns dementia care and more An instructor's toolkit includes multiple resources to enhance critical thinking and case studies engage critical thinking skills to apply the multidimensional content in context This uniquely comprehensive resource examines women's health through a variety of clinical practice and theoretical frameworks such as feminism feminist theory and globalization The second edition retains the important focus on prevention managing symptoms and health problems that are unique to women Chapters address relevant legal issues health throughout the life span nutrition and exercise sleep difficulties mental health LGBTQ health fertility substance abuse violence against women and dozens of specific health disorders NEW TO THE SECOND EDITION Updated to include the most current evidence based primary care management guidelines in women's health Includes 18 new chapters addressing health promotion and symptom management Provides a robust instructor's toolkit to foster critical thinking Organized to enhance easy retrieval of numerous clinical topics Includes theoretical frameworks for women's health health promotion and prevention and women's health management Presents brand new information on genetics transgender health endocrine related problems health considerations for caregivers and dementia care KEY FEATURES Distills cutting edge information on women's health issues through a sociocultural framework Offers a comprehensive investigation of key topics in women's health Edited by renowned scholar educators for advanced practice nursing students

Women's Health Care in Advanced Practice Nursing, Second Edition Ivy M. Alexander, Versie Johnson-Mallard, Elizabeth Kostas-Polston, Catherine Ingram Fogel, Nancy Fugate Woods, 2017-06-28 Replete with vital information the second edition of this authoritative women's health text provides graduate nursing students and nurse practitioners with the resources to deliver optimal health to women of all ages Edited by a team of highly distinguished clinicians scholars and educators chapters retain a distinctive sociocultural lens that gives a view of women's health as it relates to women's lives and identities Eighteen new chapters address clinical primary care topics genetics environmental and occupational health promotion health considerations for female caregivers transgender care urologic health concerns dementia care and more An instructor's toolkit includes multiple resources to enhance critical thinking and case studies

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Easy Sleep Hygiene Tips Explained Book Review: Unveiling the Magic of Language

In an electronic digital era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its capability to stir emotions, provoke thought, and instigate transformation is truly remarkable. This extraordinary book, aptly titled "**Easy Sleep Hygiene Tips Explained**," compiled by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound impact on our existence. Throughout this critique, we shall delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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