

Sleep hygiene



Sleep hygiene refers to good sleep habits. The following are some ways of establishing and maintaining healthy sleep routines, and can provide long-term solutions to sleep difficulties:

Routines

Teach your body to get ready for sleep

- Go to bed and get up at regular times
- Develop a personal, relaxing, pre-bed routine e.g. stretching or breathing exercises
- A hot bath 1-2 hours before bed or a warm glass of milk can help
- Teach your body to link 'bed' with 'sleeping' - avoid using the bed to eat, work, read, or use electronic devices



Environment

Are your surroundings suitable for sleep?

- A cooler room with enough blankets for warmth is best
- Use heavy curtains/blinds, an eyemask and/or earplugs to block out light and noise



Diet, exercise and napping

What you do in the day impacts your sleep at night

- Avoid naps, or restrict naps to less than 1 hour before 3pm
- Avoid caffeine, nicotine, and alcohol at least 4-6 hours before bed
- Avoid looking at bright screens (e.g. phone, tablet) 2-3 hours before bed
- Exercise regularly but avoid strenuous exercise within 4 hours of bedtime
- Maintain a balanced diet but avoid a large meal soon before bed



Reactions

How we respond to poor night's sleep can help make or break a poor sleep cycle

- If you can't fall asleep after about 20 minutes, get up, do a calm or boring activity until you feel sleepy, then return to bed
- Avoid frequently checking the clock at night
- Try to do everything you had planned for the day, even if you slept poorly the night before



Easy Sleep Hygiene Tips Full Tutorial For Workers

Karin Nielsen-Saines



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Whispering the Strategies of Language: An Emotional Journey through **Easy Sleep Hygiene Tips Full Tutorial For Workers**

In a digitally-driven world where displays reign supreme and immediate transmission drowns out the subtleties of language, the profound strategies and mental subtleties hidden within words frequently move unheard. However, located within the pages of **Easy Sleep Hygiene Tips Full Tutorial For Workers** a fascinating literary value pulsing with natural emotions, lies an exceptional quest waiting to be undertaken. Composed by a talented wordsmith, that enchanting opus invites readers on an introspective journey, gently unraveling the veiled truths and profound affect resonating within the very material of each word. Within the psychological depths of this poignant review, we can embark upon a genuine exploration of the book is key subjects, dissect their interesting publishing design, and succumb to the effective resonance it evokes serious within the recesses of readers hearts.

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