

# 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 For Students

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## **Easy Sleep Hygiene Tips For Students:**

**Women's Healthcare in Advanced Practice Nursing** Ivy M. Alexander, Versie Johnson-Mallard, Elizabeth Kostas-Polston, Joyce D. Cappiello, Heather S. Hubbard, 2023-10-30 Holistically addresses women's health encompassing the needs of transgender and nonbinary individuals and considering ethnicity social class and disability/ableness. Delivering incisive and comprehensive information on the healthcare needs of women, transgender and nonbinary persons, the third edition of this distinguished text incorporates a strong focus on the provision of high value, equitable and unbiased care. It expands research and clinical frameworks for understanding women's health to encompass transgender and nonbinary persons and places women's health within a holistic perspective considering ethnicity, social class and disability/ableness. All chapters are significantly updated with new evidence-based research, clinical updates and guidelines, drug information, Covid-related information, racism and health disparities. This text also covers current and pertinent health topics such as substance use and abuse, mental health, early pregnancy decision making and LGBTQ care, as well as abundant integrated information on care of transgender and nonbinary individuals and enhanced information on pregnancy and primary care issues that disproportionately affect females. The book is organized for ease of use and is comprised of three distinct but interrelated sections on theoretical frameworks to guide approach and care, health promotion and prevention, and managing health conditions. Rich instructor resources include mapping content to AACN Essentials, case studies, a test bank, and PowerPoint slides. New to the Third Edition: Focuses on providing equitable, unbiased care for all women, including transgender and nonbinary individuals. Updated with new evidence-based research, clinical updates and guidelines, drug information, Covid-related information, and racism and health disparities information. Expanded information on care of transgender individuals. Enhanced content on pregnancy and related issues. Four-color presentation to enhance readability. Incorporates content in WHNP and CNM national certification examination blueprints. Key Features: Distills cutting-edge information on women's health issues through a sociocultural framework. Edited by renowned scholar educators for AP nursing students. Organized to provide easy retrieval of clinical information. Addresses genetics, LGBTQ health, endocrine-related problems, health considerations for women caregivers, dementia care, and more. Includes relevant web resources and apps in each chapter. Provides extensive instructor toolkit to foster critical thinking.

**Neuromyths** Tracey Tokuhama-Espinosa, 2018-09-25 A guide to the science behind the art of teaching. Not every teaching method touted as brain-friendly is supported by research findings, and misconceptions about the brain have the capacity to harm rather than help. In her new book, Tracey Tokuhama-Espinosa untangles scientific fact from pedagogical fiction, debunking dozens of widely held beliefs about the brain that have made their way into the education literature. In ten central chapters on topics ranging from brain structure to classroom environments, the text traces the origins of common neuromyths from categorizing individuals as right-brained or left-brained to prevailing beliefs about multitasking or the effects of video games and corrects the record with the most current state of

knowledge Rather than offering pat strategies Tokuhama Espinosa challenges teachers curious about the brain to become learning scientists and supplies the tools needed to evaluate research and put it to use in the classroom Teaching Resilience and Mental Health Across the Curriculum Linda Yaron Weston,2022-11-01 Written by a teacher for teachers Teaching Resilience and Mental Health Across the Curriculum is an integrative approach to pedagogy for educators at the high school and college level to survive thrive and sustain in the profession Blending theory research and practice for a comprehensive program for teachers to incorporate well being tools into the classroom each of the book s five foundations includes engaging information strategies real world examples interactive reflection questions and activities that can be directly applied to teaching and life Practical guidance in designing real world curriculum is offered alongside accessible strategies for engagement investment and active learning in student centered classrooms An essential guide for teachers it includes techniques for incorporating well being that are grounded in culturally responsive teaching trauma informed instruction mental health resilience and emotional literacy Teachers will also gain insight on how to make the career sustainable through practices for self compassion and authentic self care so they can not only survive but flourish in and out of school For all the challenges that students and teachers face this book defines what it means and what it takes to teach in today s classrooms Christian Guide To Mental Illness Vol 1 Stephen M Saunders,2016-07-01 How do Christians deal with mental illness Mental illness is a major problem for many people in society male or female young or old religious or atheist Christians are certainly no exception yet unfortunately the same stigma surrounding mental illness in society is present in Christian circles too The first in a two volume set from author Dr Stephen Saunders this book takes an in depth look at mental illness while also offering grace and encouragement from God s Word Saunders describes many common mental afflictions in great detail including their symptoms risk factors and the effects they can have on loved ones Saunders then presents you with key biblical principles sin and grace law and gospel and others to show that God is in control and has not deserted those who suffer By reading this book you ll be better prepared to help your loved ones endure whatever mental trials they might be facing The Child's Book of Health in Easy Lessons for Schools Albert Franklin Blaisdell,1893 *The Michigan Journal* ,2010 The Household Guide, Or, Domestic Cyclopaedia : a Practical Family Physician, Home Remedies and Home Treatment on All Diseases : an Instructor on Nursing, Housekeeping and Home Adornments Benjamin Grant Jefferis,James Lawrence Nichols,1905 *The Household Guide, Or, Domestic Cyclopaedia* Benjamin Grant Jefferis,James Lawrence Nichols,1898 The Smith Alumnae Quarterly ,1940 **The Catholic Girl's Guide** Francis Xavier Lasance,1906 **Ladies' Guide in Health and Disease** John Harvey Kellogg,1883 *Life and Health* ,1909 **School Life** ,1922 Medical Standard and North American Practitioner ,1919 *Classified Catalog of the Carnegie Library of Pittsburgh. 1895-1902. In Three Volumes* Carnegie Library of Pittsburgh,1908 **Classified Catalog of the Carnegie Library of Pittsburgh. 1902-1906** Carnegie Library of Pittsburgh,1907 **000-899** Carnegie Library of Pittsburgh,1908

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book with a cup of tea in the afternoon instead

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dear mr mcfadden as a highly

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psychologist i hastened to submit the enclosed resume

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company mention address of the company dear mr

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letter the first step is to create a well formatted

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the final paragraph of your cover letter is a conclusion where you reiterate that you re excited about the prospect of working  
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the first block of text on a school counselor cover letter is a header which shows who is writing the letter enter your full name on the top line and list communication methods such as a phone number and email address on the second line note the city state and zip code that you re sending the letter from and see more

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use the introductory paragraph to explain who you are and why you're qualified to work as a school counselor express enthusiasm for the role and specify how long you've worked see more