

# Your Ultimate Sleep Hygiene Checklist

## Create the Ideal Sleep Environment

1. Keep it cool
2. Embrace the darkness
3. Minimize noise distractions
4. Choose comfort
5. Keep your sleep space tidy and free of distractions

## Establish a Winning Pre-Sleep Routine

1. Power down: avoid screens at least an hour before bedtime to reduce blue light exposure.
2. Calm your mind: Incorporate relaxation techniques like meditation, deep breathing, or gentle stretching to unwind before sleep.
3. Set a schedule: Establish a consistent sleep schedule by going to bed and waking up at the same time every day, even on weekends.
4. Cut the caffeine: Avoid caffeine at least 4-6 hours before bedtime to prevent sleep disruptions.
5. Watch what you eat: Steer clear of heavy or spicy meals close to bedtime, and consider a light, sleep-friendly snack if you're hungry.
6. Dress for success: Slip into comfortable, breathable organic cotton pyjamas for a cozy and relaxing night's rest.

# Ultimate Sleep Hygiene Tips Usa

**Christine Bednar**



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Fundamentals of Health and Meditation Mickey Dev,2023-11-27 Fundamentals of Health and Meditation is a labor of love and an exploration of the profound relationship between our well being and the age old practice of meditation This book is born from the belief that health is not merely the absence of disease but the harmonious balance of the body mind and spirit It is a holistic journey into the core principles that underpin our well being offering a deeper understanding of the interplay between our physiological and psychological selves As we embark on this journey together we will unravel the fundamental elements of health and meditation embracing both the scientific and spiritual facets of this ageless wisdom We will delve into the science behind the healing power of meditation exploring its effects on stress immunity and longevity Simultaneously we will honor the ancient wisdom that transcends cultures and generations offering a timeless source of inner peace and self discovery

**Identifying the Interdisciplinary Determinants, Biologic Mechanisms, and Best Practices for the Prevention and Elimination of Minority Health Disparities** Allison A. Appleton, Lawrence M. Schell, James A. Dias, Wayne J. Riley, 2022-04-01

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