

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 Usa For Creators

Daniela Niemeyer



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You're Only Human Kelly M. Kapic, 2022-01-18 Work Family Church Exercise Sleep The list of demands on your time seems to be never ending It can leave you feeling a little guilty like you should always be doing one more thing Rather than sharing better time management tips to squeeze more hours out of the day Kelly Kapic takes a different approach In the paperback edition of You re Only Human he offers a better way to make peace with the fact that God didn t create us to do it all by exploring the theology behind seeing our human limitations as a gift rather than a deficiency laying out a path to holistic living with life giving relationships and meaningful contributions to the world freeing us from confusing our limitations with sin and inviting us to rest in the joy and relief of knowing that God can use our limitations to foster freedom joy growth and community Readers will emerge better equipped to cultivate a life that fosters gratitude rest and faithful service to God

The Emotional Eater's Repair Manual Julie M. Simon, MA, MBA, LMFT, 2012-10-23 Despite our best intentions many of us find ourselves routinely overeating at meals snacking mindlessly or bingeing regularly As emotional eaters we turn to food for comfort soothing distraction and excitement There s a disconnection fueling our eating robbing years from our lives and we know it We re tired of restrictive diets that lead back to overeating and we re ready to try something different Therapist and life coach Julie Simon offers a new approach that addresses the true causes of overeating and weight gain emotional and spiritual hunger and body imbalance The Emotional Eater s Repair Manual presents five self care skills five body balancing principles and five soul care practices that can end overeating and dieting forever You ll learn to nurture yourself without turning to food to correct body and brain imbalances that trigger overeating and to address your soul s hunger Weight loss more energy improved health and self esteem will naturally follow

Ultimate Kids' Guide to Being Super Healthy Nina L. Shapiro, 2021-11-23 Nautilus Book Award Silver Medalist for Middle Grade Nonfiction Attention all grown ups Kids have questions Now they ll have answers Kids of all ages have some important questions about how their bodies work and why their parents and other adults have some strong ideas on what needs to get done every day in order to stay healthy Children often hear No more screen time Eat your vegetables You can t have cookies for dinner You need to take your medicine Wash your hands With soap It s getting late Get ready for bed In this book Dr Nina L Shapiro embarks on an amazing journey through the body as it gets fed protected exercised cleaned energized and rested Each chapter provides kids with age appropriate explanations and illustrations that address their very good questions about their bodies and health with solid and fun science based answers By receiving an in depth understanding of what it means to be healthy strong clean rested and energized kids will soon be able to make smart decisions on their own The human body is incredible and the science behind how our bodies work how the world affects our bodies and how our bodies affect the world around us is pretty cool too

7 Rules to Reset Your Mind and Body for Greater Well-Being Hansaji Yogendra, 2023-02-13 Do you feel that your life is out of control Your health mind and ambitions none are panning out as planned Does it appear as if there is an invisible

force that is dictating your relationships Do you have this intense desire to stop and restart in a way that things begin to work for you Then this is the book for you 7 Rules to Reset Your Mind and Body for Greater Well Being is the simple but practical guide you need to read to get that control back Written by the most admired and respected Dr Hansaji Yogendra of The Yoga Institute this step by step guide explains the importance of creating and maintaining balance in all aspects of your life In an anecdotal and friendly way Dr Hansaji delineates the practices and the thought processes you need to develop and the changes you need to make to put life in perspective for you Whether it is getting a good night s sleep or eating healthy or dealing with the office stress she helps you sort out each aspect with her great insight So don t wait any more and press the reset button now

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