

Tips for positive sleep hygiene



Regularity: To train your body into a regular rhythm, go to bed and get up at the same time every day - even on weekends!



Avoid caffeine before bed: coffee, tea, cola drinks and even chocolate are all stimulants that interfere with the ability to fall asleep.



Bathtime: a hot bath 1-2 hours before bed can be helpful in raising your body temperature, causing you to feel sleepy as it lowers again.



Exercise: Regular exercise is a good idea to help with sleep but try not to do strenuous exercise in the four hours before bed time.



Natural light: Getting as much daylight as possible helps the body to produce melatonin, a natural hormone that promotes sleep.

Sleep when sleepy: Only try to sleep when you actually feel tired, rather than spending too much time lying awake in bed.



No naps!: Try to avoid taking naps throughout the day to ensure you are tired at bedtime.



Sleep diary: Use a written sleep diary or an app to monitor your sleep; you might be able to identify patterns and what helps



Eat right: A healthy balanced diet will help you sleep well, but timing is important - a heavy meal soon before bed can interrupt sleep.



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Therapy in Sleep Medicine E-Book Teri J. Barkoukis, Jean K. Matheson, Richard Ferber, Karl Doghramji, 2011-10-31

Therapy in Sleep Medicine by Drs Teri J Barkoukis Jean K Matheson Richard Ferber and Karl Doghrami provides the clinically focused coverage you need for rapid diagnosis and effective treatment of sleep disorders A multidisciplinary team of leading authorities presents the latest on sleep breathing disorders including obstructive sleep apnea neuropharmacology parasomnias neurologic disorders affecting sleep sleep therapy for women sleep therapy in geriatric patients controversies and future trends in therapy in a highly illustrated easy to follow format Diagnose and treat patients effectively with complete coverage of the full range of sleep disorders Find diagnostic and treatment information quickly and easily thanks to a highly illustrated easy to read format that highlights key details Stay current on discussions of hot topics including sleep breathing disorders including obstructive sleep apnea neuropharmacology parasomnias neurologic disorders affecting sleep sleep therapy for women sleep therapy in geriatric patients controversies and future trends in therapy Tap into the expertise of a multidisciplinary team of leading authorities for well rounded trusted guidance

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 Social and Emotional Learning in Health Education Mary Connolly, 2021-06-29 Teaching Social and Emotional Learning in Health Education provides instructors with the tools they need to successfully incorporate social and emotional learning into their classrooms It aligns social and emotional learning to standards based health education providing a clear rationale for pairing the two when planning your curriculum This valuable text trains health educators to connect the Social Emotional Learning SEL competencies to the National Health Education Standards NHES then design assessment and instruction

Distance Learning Michael Simonson, 2021-09-01 Distance Learning is for leaders

practitioners and decision makers in the fields of distance learning e learning telecommunications and related areas It is a professional journal with applicable information for those involved with providing instruction to all kinds of learners of all ages using telecommunications technologies of all types Stories are written by practitioners for practitioners with the intent of providing usable information and ideas Articles are accepted from authors new and experienced with interesting and

important information about the effective practice of distance teaching and learning Distance Learning is published quarterly Each issue includes eight to ten articles and three to four columns including the highly regarded And Finally column covering recent important issues in the field and written by Distance Learning editor Michael Simonson Articles are written by practitioners from various countries and locations nationally and internationally

Bringing the Neuroscience of Learning to Online Teaching Tracey Tokuhama-Espinosa,2021 This practical resource draws on the best of neuroscience to inform decision making about digital learning We live in unprecedented times that have pushed schools to make many decisions that have been postponed for years For the first time since the inception of public education teachers have been invited to redesign the learning landscape by integrating an intelligent selection of digital educational resources and changing pedagogical approaches based on information from the learning sciences This handbook will help teachers make the most of this opportunity by showing them how to use digital tools to differentiate learning employ alternative options to standardized testing personalize learning prioritize social emotional skills and inspire students to think more critically The author identifies some gems in quality teaching that are amplified in online contexts including 40 evidence informed pedagogies from the learning sciences This book will help all educators move online teaching and learning to new levels of confidence and success Book Features Provides quick references to key planning tools like decision trees graphics app recommendations and step by step directions to help teachers create their own online learning courses Guides teachers through a 12 step model for instructional design that meets both national and international standards Shows educators how to use an all new Digital Resource Taxonomy to select resources and how to research and keep them up to date Explains why good instructional design and educational technology are complementary with best practices in learning sciences like Mind Brain and Education Science Shares ways teachers can leverage technology to create more time for the personalized aspects of learning Shows educators how to design online courses with tools that let all students begin at their own starting points and how to differentiate homework Offers evidence informed pedagogies to make online intimate and authentic for students

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