

# HEALTHY SLEEP HABITS



Improve your sleep with some positive lifestyle changes and consistent sleep habits

## 1 REGULAR SLEEP SCHEDULE

Try to maintain a consistent sleep pattern 7 days a week. Getting up at the same time every day can help.



## 2 RELAXING BEDTIME ROUTINE

Spend time before bed relaxing: read a book, meditate, stretch, do yoga, have a shower or bath. Avoid difficult conversations, activities or work.



## 3 AVOID STIMULANTS

Don't drink caffeine, sugary or energy drinks in the evening. Avoid nicotine before bed. Only drink alcohol in moderation at night, if at all.



## 4 GOOD SLEEP ENVIRONMENT

Keep your bedroom clean, tidy and comfortable. Use a quality mattress and bedding. Keep the bedroom aired, and a temperature between 60 -70 °F (17-21 °C)



## 5 BLOCK OUT NOISE AND LIGHT

Make sure the bedroom is dark and quiet. Use blackout curtains or a sleep mask. Use earplugs, white noise, a fan or music to mask external noise.



## 6 ONLY SLEEP AND INTIMACY

Only use the bed for sleep and intimacy with a partner. Avoid watching TV or using other devices in bed. That will help associate the bed with sleep.



## 7 EXERCISE AND DAYLIGHT

Try to do regular exercise, but not too intense before bedtime. Spend time outside in the daylight. Even a short walk during the day can improve sleep.



## 8 EAT WELL

Try to eat a balanced, healthy diet. Avoid heavy, fatty, fried or spicy food late in the evening if you get indigestion. Bananas, yogurt or healthy cereal are good bedtime snacks.



# Top Sleep Hygiene Tips For Beginners 48

**Meir H. Kryger, William C. Dement**



## **Top Sleep Hygiene Tips For Beginners 48:**

*The Doctor's Guide to Sleep Solutions for Stress and Anxiety* Robert S. Rosenberg, 2016-10-01 Say goodbye to stressful nights lying awake and reclaim the comforts of tranquil sleep Instead of letting stress and anxiety continually deprive you of a good night's sleep take action Reclaim your slumber with *The Doctor's Guide to Sleep Solutions for Stress and Anxiety* Author Robert Rosenberg D O F C C P is a leading expert on sleep disorders and is board certified in sleep medicine In this book he offers targeted solutions to help you identify the stressors that deter sleep and reduce stress and anxiety Removing the obstacles that stand between you and restful sleep is the goal and this book is the first step Increasingly insufficient sleep is considered a public health epidemic In this book you'll find essential tools for a good night's sleep Learn about current sleep research and patients stories Understand chronic mental and physical issues that can disrupt sleep Find solutions for preventing and managing stress anxiety and other conditions that interfere with sleep You can find relief from your symptoms with the clinically tested options in *The Doctor's Guide to Sleep Solutions for Stress and Anxiety* benefiting from the latest findings on sleep disorder treatment Regain energy reduce your stress levels and achieve easier and higher quality sleep and overall better health

*Parents Magazine's The Best Advice I Ever Got* Sally Lee, 2001-05-18 A guide to raising confident and happy children provides information on children's nutritional needs health and safety discipline and child friendly educational and recreational games

**Guide to Life After 50, 60, 70 & Beyond for Dummies** Dummies Press, Dummies Press Staff, 2004 The fun and easy way to live life after 50 Filled with smart tips and secrets custom made for you This book covers virtually everything from health to money travel and more

**The Good Retirement Guide 2016** Frances Kay, Allan Esler Smith, 2016-01-03 Whether it is a relaxing or action packed and financially rewarding retirement you are looking for this is the book for you Life's story gives us the first chapter of the education years the second chapter is working nine to five and now it is time for the best chapter of the lot the non retirement years Personal ambitions can be realized and new experiences enjoyed Yet with so much to consider people are often unsure how best to plan for their future and the scope for concern and confusion is even greater with changing retirement ages and pension rules *The Good Retirement Guide* offers clear and concise suggestions on a broad range of retirement related subjects The Guide includes information on Pensions Tax Investment Starting your own business Leisure activities Paid work Voluntary work How to avoid being scammed Health Holidays Looking after elderly parents Wills Revised and updated the 2016 edition is packed with hundreds of useful suggestions and helpful websites to browse This is an indispensable book that you will refer to again and again

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**Advice to a Wife on the Management of Her Own Health and on the Treatment of Some of the Complaints Incidental to Pregnancy, Labour, and Suckling** Pye Henry Chavasse, 1880

**Health**, 1883

**Journal of Health, Physical Education, Recreation**, 1930

**Principles and Practice of Sleep Medicine** Meir H. Kryger, William C. Dement, 1989

This edition of the book on sleep medicine covers the basic sciences as well as sleep pathology in adults All information has been updated to encompass developments in this field New to this edition are topics related to the area of psychiatry circadian rhythms cardiovascular diseases and sleep apnea treatment and diagnosis

**Willpower For Dummies** Frank Ryan,2014-08-11 Develop rock solid willpower with evidence based techniques Willpower For Dummies shows you how to train strengthen and improve your willpower in seven easy steps Written by a clinical psychologist and cognitive therapist the book proves that willpower can be learned like any other skill and provides tons of practical exercises and strategies you can start using today You ll learn how willpower works inside the brain and how choosing goals and identifying challenges can affect your success The book stresses the importance of patience rewards and being kind to yourself and walks you through the techniques that will keep you on the right track even on your worst days The mind works in two different ways the long view and the short view Controlling which aspect wins out is the key to willpower Willpower For Dummies breaks this complex science down into easily digestible bits written in plain English with a dash of humour You ll find scientifically robust guidance toward strengthening your willpower just like a muscle and expert advice on training your brain to work with you instead of against you Discover the most important factors in building self discipline Learn how to set goals and how to train your willpower Practice simple willpower strengthening exercises Employ coping strategies for when you re about to break Whether you re trying to lose weight quit smoking or just work harder rest assured that you can do it regardless of past failures and false starts Willpower is not a trait but a skill Everyone can learn it and everyone can make it stronger Willpower For Dummies walks you through the process teaching you the skills you need for lasting success

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