

SLEEP HYGIENE CHECKLIST

Want deeper sleep? Who doesn't?!

Use this sleep hygiene checklist to re-enforce healthy habits that help you sleep better at night.

30 tips to help you sleep like a baby!

- 1 20-minute naps only**
Short power naps can increase your alertness and improve your mood, while long naps can interfere with your normal sleep cycle.
- 
- 2 Avoid napping if you can**
If you didn't get enough sleep last night, it may be better to avoid napping completely so it doesn't upset your normal sleeping schedule.
- 3 Go to bed at the same time**
Sticking to a regular schedule is the key to cultivating healthy sleep habits.
- 4 Get up at the same time**
See above ;)
- 5 Get Vitamin D from the morning sun**
Bask in some natural sunlight first thing in the morning to wake yourself up!
- 
- 6 Can't fall asleep? Go do something**
If 20 minutes pass by and you're still awake, get up and do some light activity (like reading or meditating).
- 7 Don't work in bed**
Use your bed strictly for sleeping, and not working or eating!
- 8 Invest in a good mattress**
This one's a no-brainer. If you need help in choosing one, check out sleepsavvy.com.
- 9 Pair your bed with fresh bedding**
Clean, crisp sheets. Don't we all sleep better on a pile of freshness?

- 10 Say NO alcohol, caffeine and nicotine**
Ditch the booze. At least 4-6 hours before bed. We all know these are stimulants!
- 11 Eat healthy and on time**
Keeping to consistent meal times mean that our bodies know when to rest and when to digest. Try not to throw it off schedule.
- 12 Avoid eating before bed**
If your body is working overtime when it should be resting, you probably won't sleep like a baby.
- 13 No water right before bed**
Don't want multiple midnight pee breaks? Don't drink too much water and empty out your bladder before bed.
- 14 Exercise daily**
Unleash all your excess energy in the gym, so you can fully recharge at night.
- 
- 15 Avoid exercising at night**
The best time to work out is first thing in the morning, but if you can only go at night, do it at least 2-4 hours before bed.
- 16 Follow an evening ritual**
How you end your day is important too - consider stretching or meditating an hour before bed.
- 17 Take a hot bath**
Relax your mind, relax your body and welcome sleep.
- 18 Keep eyes off the clock**
It causes more anxiety than not, especially when you wake up in the middle of the night. So don't check the time!
- 19 Stay away from screens**
Blue light from our smart devices keeps us awake later, so practice being 'tech-free' at least 2H before bed.



Quick Sleep Hygiene Tips Usa For Beginners

Richard Bailey



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Advanced Yoga Practices - Easy Lessons for Ecstatic Living Yogani,2004-12 The premise of Yoga is simple There is an outer reality and an inner one and our nervous system is the doorway between them Effective Yoga practices stimulate and open that doorway The result Peace creativity happiness and a steady rise of ecstatic bliss radiating from within us Advanced Yoga Practices AYP brings together the most effective methods of Yoga in a flexible integrated system that anyone can use Instructions are given in plain English for deep meditation spinal breathing pranayama bodily manipulations asanas mudras and bandhas tantric sexual practices and other methods that are systematically applied to swing open the door of our nervous system to permanent higher experience This is a non sectarian approach that is compatible with any belief system or religious background There are over 240 easy to follow lessons here including many hands on questions and answers between Yoga practitioners and the author Whether you are a beginner or a veteran in Yoga the AYP lessons can serve as a useful resource as you travel along your chosen path What readers are saying about the AYP lessons I searched for years to find a method of meditation that I can do This is do able AN I ve learned more about yoga in 4 months than in the previous 30 years of study SL This is a very valuable inspiration for people taking up and maintaining meditation DB Spinal breathing pranayama makes me feel so ecstatic I want to do it all the time YM After my first meditation session I never felt so relaxed You made me a believer JF You make everything seem so simple yet the practices are profound and dynamic SS I wish I had this kind of information when I started some 15 years back AD I love the way you explain everything So simple logical and so safe RY These are the best lessons I have read on yoga anywhere RD Additional reader feedback is included in the last section of the book

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