

# 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



# Why Sleep Hygiene Tips Step Plan

**Patrick Vollmar**



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## **Table of Contents Why Sleep Hygiene Tips Step Plan**

1. Understanding the eBook Why Sleep Hygiene Tips Step Plan
  - The Rise of Digital Reading Why Sleep Hygiene Tips Step Plan
  - Advantages of eBooks Over Traditional Books
2. Identifying Why Sleep Hygiene Tips Step Plan
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Why Sleep Hygiene Tips Step Plan
  - User-Friendly Interface
4. Exploring eBook Recommendations from Why Sleep Hygiene Tips Step Plan
  - Personalized Recommendations
  - Why Sleep Hygiene Tips Step Plan User Reviews and Ratings
  - Why Sleep Hygiene Tips Step Plan and Bestseller Lists

5. Accessing Why Sleep Hygiene Tips Step Plan Free and Paid eBooks
  - Why Sleep Hygiene Tips Step Plan Public Domain eBooks
  - Why Sleep Hygiene Tips Step Plan eBook Subscription Services
  - Why Sleep Hygiene Tips Step Plan Budget-Friendly Options
6. Navigating Why Sleep Hygiene Tips Step Plan eBook Formats
  - ePub, PDF, MOBI, and More
  - Why Sleep Hygiene Tips Step Plan Compatibility with Devices
  - Why Sleep Hygiene Tips Step Plan Enhanced eBook Features
7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Why Sleep Hygiene Tips Step Plan
  - Highlighting and Note-Taking Why Sleep Hygiene Tips Step Plan
  - Interactive Elements Why Sleep Hygiene Tips Step Plan
8. Staying Engaged with Why Sleep Hygiene Tips Step Plan
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Why Sleep Hygiene Tips Step Plan
9. Balancing eBooks and Physical Books Why Sleep Hygiene Tips Step Plan
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Why Sleep Hygiene Tips Step Plan
10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
11. Cultivating a Reading Routine Why Sleep Hygiene Tips Step Plan
  - Setting Reading Goals Why Sleep Hygiene Tips Step Plan
  - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Why Sleep Hygiene Tips Step Plan
  - Fact-Checking eBook Content of Why Sleep Hygiene Tips Step Plan
  - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
14. Embracing eBook Trends
- Integration of Multimedia Elements
  - Interactive and Gamified eBooks

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