

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.



Best Way To Sleep Hygiene Tips Usa For Beginners 3951

Judd E. Hollander



Best Way To Sleep Hygiene Tips Usa For Beginners 3951:

Unveiling the Energy of Verbal Artistry: An Mental Sojourn through **Best Way To Sleep Hygiene Tips Usa For Beginners 3951**

In a global inundated with monitors and the cacophony of instantaneous connection, the profound power and mental resonance of verbal artistry frequently disappear into obscurity, eclipsed by the regular onslaught of noise and distractions. However, located within the lyrical pages of **Best Way To Sleep Hygiene Tips Usa For Beginners 3951**, a captivating perform of literary brilliance that impulses with organic feelings, lies an remarkable trip waiting to be embarked upon. Written by way of a virtuoso wordsmith, that enchanting opus courses readers on a mental odyssey, softly revealing the latent possible and profound affect stuck within the delicate web of language. Within the heart-wrenching expanse of the evocative evaluation, we shall embark upon an introspective exploration of the book is central subjects, dissect their interesting writing type, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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