

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?

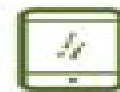
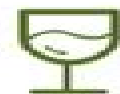
- A cooler room with enough blankets for warmth is best
- Use heavy curtains/blinds, an eyemask and/or earplugs to block out light and noise



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



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Ensheng Dong



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Baby & Me Deborah Davis Stewart, Jenny B. Harvey, 2025-01-07 Your all in one resource for a healthy pregnancy and a thriving newborn Baby Me The Essential Guide to Pregnancy and Newborn Care 6th Edition is your trusted companion from conception through the first few months of parenthood This easy to read guide provides the latest information and practical advice to empower you to make informed choices for a healthy pregnancy and a happy baby Inside you ll discover Essential sexual health Track your cycle understand fertility and navigate family planning Comprehensive pregnancy guidance Learn about fetal development prenatal care managing symptoms and preparing for labor and delivery Healthy habits for you and baby Discover the importance of nutrition exercise vaccines and avoiding harmful substances Newborn care basics Master breastfeeding bottle feeding diapering safe sleep practices and more Baby Me is for expecting parents new parents and anyone seeking a reliable up to date resource on pregnancy and newborn care Let this guide empower you to embrace the journey of parenthood with confidence and joy Is This a Phase? Child Development & Parent Strategies, Birth to 6 Years Helen Neville, 2007 Provides an overview of behaviors parents can expect from children as they grow and develop from birth to age six describes phases common to children from birth to three months two to nine months crawling to eighteen months eighteen months to three years three years four years and five years and includes reference charts for dealing with child development in daily life **MIND, BRAIN, AND LEARNING: PSYCHIATRIC PERSPECTIVES FOR MODERN EDUCATION** Dr. Sasmita Pattanaik, Dr. Anjan Niyogi, Dr. Pranay Pandey, Dr. Adrija Chattopadhyay, 2026-01-10 **How Children Develop** Robert S. Siegler, Judy S. DeLoache, Nancy Eisenberg, 2006 In its first edition this highly anticipated textbook for the topically organized child development course provided a fresh non encyclopedic approach offering the latest straight from the research understanding of child development without overwhelming the student with inessential detail The new edition brings those hallmark features forward again providing a thoroughly contemporary streamlined introduction to the study of child development that emphasizes fundamental principles enduring themes and important recent studies Student friendly pedagogy a new chapter on gender and an enhanced media and supplements package further enrich this accessible engaging and informative text Self-care Nursing Lyda Hill, 1990 **The Basic Health and Safety Program**, 1957 Working in Community Health: Foundations for a Successful Career () (Kay) M. M. M. Perrin, 2023-02-14 Working in Community Health Foundations for a Successful Career prepares community health workers for employment with the potential of a career ladder This book provides knowledge required for effective employment skills understanding basic anatomy and physiology of common chronic diseases teaching how to access and understand health knowledge resume development and interview proficiency Written at a community college literacy level and provides an overarching foundation for several public health and clinical careers such as nursing health education physician assistant and counseling Divided into four sections the book teaches medical terminology body systems and most common chronic diseases and their

prevention links between social and environmental issues and health promotion and prevention and resume writing and interviewing skills The chapters cover a summarized list of the most common state and national competencies for community health worker training

Kaplan and Sadock's Synopsis of Psychiatry Harold I. Kaplan, Benjamin J. Sadock, Jack A. Grebb, 1994

Tested Ways to Help Your Child Learn Virginia Burgess Warren, 1961

Education of the Slow-learning Child Christine Porter Ingram, 1935 Every community faces the problem of the child who learns slowly in school The problem of providing proper educational opportunities for these children is a serious one especially as the compulsory age limit for school attendance is raised and must be provided over a lengthened school period The basic principles and practices in an adequate program for slow learning children are essentially the same as for all children and programs for the slow learning child are an integral part of the general school program A measure of educational growth is attainable for every child and this book contains specific discussions and practical help on how to develop adequate programs for all slow learning children

The Fundamental Principles of Learning and Study Austin Southwick Edwards, 1920

Blue Book of 16mm Films, 1945

The Parent's Guide to Natural Health Care for Children Karen Sullivan, 2004 This comprehensive sourcebook of natural health alternatives can be used by parents with children from infancy through the teenage years

Toddler Taming Christopher Green, 1984

Interactions for Development and Learning Kathleen S. Ralph, 2002 For undergraduate courses in General Methods in Early Childhood Development Development of the Young Child and Early Childhood Curriculum This unique text stresses a positive interactive curriculum for development and learning based on five developmental areas personal social physical cognitive communication and creative The revised edition ties developmental theory to real life situations in a variety of settings This helpful text provides methods of planning program implementation and evaluation for those who wish to enhance the quality of interaction with children from birth through age eight

Academy; a Weekly Review of Literature, Learning, Science and Art, 1887 The Poetical gazette the official organ of the Poetry society and a review of poetical affairs nos 4 7 issued as supplements to the Academy v 79 Oct 15 Nov 5 Dec 3 and 31 1910

Course of Study and Syllabus in Health Education for Elementary Schools Grade 1 A- Grade 8 B ...: Physiology, personal and community hygiene as adopted by the Board of Education December 23, 1929, with a syllabus as adopted by the Board of Superintendents December 6, 1929 New York (N.Y.). Board of Education, 1930

From Eight to Nine, **"1000 and One"** Educational Screen, 1941

The Essential MD-PhD Guide Mark J. Eisenberg, Andrea L. Cox, 2021-01-14 The complete guide to MD PhD success with practical tips and insights from MD PhD students recent graduates and practicing physician scientists Whether you re a prospective or current MD PhD student The Essential MD PhD Guide provides everything you need to choose the right program or succeed in your current program and build a solid career in medicine and science This unparalleled resource guides you through the process of choosing a program navigating the early years of medical school selecting a research laboratory and PhD project and making the transition between medical and graduate studies This book

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