

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)



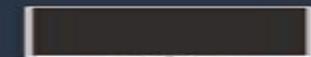
5 BLOCK OUT NOISE AND LIGHT

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.



Beginner Friendly Sleep Hygiene Tips Guide For Workers

Guillaume Favre



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Balanced Living: A Practical Guide to Health & Wellness in the Modern World SmartFix,2026-02-23 Health and wellness are not luxuries they are the foundation of a fulfilling life In today s fast paced world balance is often lost in the noise of deadlines responsibilities and digital distractions This eBook reframes wellness as a living ecosystem where physical mental and social health are interconnected Each chapter provides actionable insights metaphors and frameworks to help readers build resilience energy and joy

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psychological and physical health of an individual and the process of resiliency building Each chapter includes exercises with both academic and real world applicability that help students draw connections between the lessons and their usefulness for their personal academic and professional lives Resiliency and the Justice Professional is ideal for all students interested in a career in the justice or justice adjacent fields at all degree levels and can be used with students along the continuum of professional involvement from those not yet employed in the field to veteran professionals seeking to expand their knowledge

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