

# 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



# Easy Sleep Hygiene Tips For Students

**M Woodhall**



## **Easy Sleep Hygiene Tips For Students:**

This book delves into Easy Sleep Hygiene Tips For Students. Easy Sleep Hygiene Tips For Students is a vital topic that needs to be grasped by everyone, from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Easy Sleep Hygiene Tips For Students, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:
  - Chapter 1: Introduction to Easy Sleep Hygiene Tips For Students
  - Chapter 2: Essential Elements of Easy Sleep Hygiene Tips For Students
  - Chapter 3: Easy Sleep Hygiene Tips For Students in Everyday Life
  - Chapter 4: Easy Sleep Hygiene Tips For Students in Specific Contexts
  - Chapter 5: Conclusion
2. In chapter 1, this book will provide an overview of Easy Sleep Hygiene Tips For Students. The first chapter will explore what Easy Sleep Hygiene Tips For Students is, why Easy Sleep Hygiene Tips For Students is vital, and how to effectively learn about Easy Sleep Hygiene Tips For Students.
3. In chapter 2, this book will delve into the foundational concepts of Easy Sleep Hygiene Tips For Students. This chapter will elucidate the essential principles that must be understood to grasp Easy Sleep Hygiene Tips For Students in its entirety.
4. In chapter 3, the author will examine the practical applications of Easy Sleep Hygiene Tips For Students in daily life. This chapter will showcase real-world examples of how Easy Sleep Hygiene Tips For Students can be effectively utilized in everyday scenarios.
5. In chapter 4, this book will scrutinize the relevance of Easy Sleep Hygiene Tips For Students in specific contexts. This chapter will explore how Easy Sleep Hygiene Tips For Students is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, this book will draw a conclusion about Easy Sleep Hygiene Tips For Students. This chapter will summarize the key points that have been discussed throughout the book.

This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Easy Sleep Hygiene Tips For Students.

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