

# 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.



# Pro Sleep Hygiene Tips Explained

**Lingjun Ying**



## **Pro Sleep Hygiene Tips Explained:**

The book delves into Pro Sleep Hygiene Tips Explained. Pro Sleep Hygiene Tips Explained is a crucial topic that must be grasped by everyone, ranging from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Pro Sleep Hygiene Tips Explained, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:

- Chapter 1: Introduction to Pro Sleep Hygiene Tips Explained
- Chapter 2: Essential Elements of Pro Sleep Hygiene Tips Explained
- Chapter 3: Pro Sleep Hygiene Tips Explained in Everyday Life
- Chapter 4: Pro Sleep Hygiene Tips Explained in Specific Contexts
- Chapter 5: Conclusion

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

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

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