

# 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.



# Trending Sleep Hygiene Tips Explained For Experts

**RC Schank**



## **Trending Sleep Hygiene Tips Explained For Experts:**

## Unveiling the Power of Verbal Art: An Emotional Sojourn through **Trending Sleep Hygiene Tips Explained For Experts**

In a global inundated with monitors and the cacophony of quick interaction, the profound energy and mental resonance of verbal art usually diminish into obscurity, eclipsed by the regular assault of sound and distractions. Yet, located within the lyrical pages of **Trending Sleep Hygiene Tips Explained For Experts**, a interesting function of fictional beauty that impulses with natural feelings, lies an unique trip waiting to be embarked upon. Penned with a virtuoso wordsmith, this interesting opus courses readers on an emotional odyssey, delicately revealing the latent possible and profound impact stuck within the intricate web of language. Within the heart-wrenching expanse of the evocative analysis, we shall embark upon an introspective exploration of the book is central subjects, dissect their charming publishing fashion, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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web la responsabilità civile anche detta extracontrattuale o aquiliana è la seconda generale fonte delle obbligazioni regolata dal titolo ix del libro iv del c c fondamentale nella materia è il contributo della giurisprudenza il diritto della responsabilità civile obbliga chi cagiona ad altri un danno

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web responsabilità civile di responsabilità civile oltre che in senso lato come responsabilità derivante dalla violazione di un obbligo di diritto privato e che rientra quindi nella sfera dei rapporti fra privati si parla anche e soprattutto per indicare la responsabilità derivante da fatto illecito della quale il codice civile

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civile des risques locatifs du propriétaire ou vis à vis des voisins et tiers