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SLEEP HYGIENE TIPS POSTER

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SLEEP HYGIENE TIPS

Sleep Routine  Stick to a consistent sleep schedule, even on weekends.	Hours of Sleep  Aim for 7-9 hours of sleep each night.	Falling Asleep  Relax your mind and body before bed.	Waking from Electronics  Avoid screens at least 30 minutes before bed.	Mattress and Pillow  Invest in a comfortable mattress and pillow.
Relaxation Strategy  Develop a relaxation strategy to help you fall asleep.	Clock Adjustments  Adjust your clock to wake up at the same time each day.	Reduce Naps  Limit naps to 20-30 minutes and avoid napping late in the day.	Waking Dawn  Get up at the same time every day, even on weekends.	Cool Temperature  Keep your bedroom cool, around 65°F to 68°F.
Dim Lights  Use dim lighting in the evening to help your body prepare for sleep.	Relaxation  Practice relaxation techniques like deep breathing or meditation.	Physical Activity  Engage in regular physical activity, but avoid vigorous exercise close to bedtime.	Wake Up Schedule  Stick to a consistent wake-up schedule, even on weekends.	Reduce Noise  Use earplugs or white noise to block out disruptive sounds.
Avoid Smoking  Avoid smoking, including e-cigarettes, before bed.	Block Light Sources  Use blackout curtains or an eye mask to block out light.	Limit Caffeine  Avoid caffeine at least 6 hours before bedtime.	Avoid Eating Late  Avoid eating large meals or alcohol close to bedtime.	Local Snoring  Use a nasal strip or humidifier to help with snoring.



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Anthony Glenn



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BMJ, 1998 *The New York Times Index*, 2007 **The Art of Restful Sleep: Practical Sleep Hygiene Tips** Fingley, 2024 **Sleep Hygiene Tips** Harry Sandor, 2021-07-08 Are you getting enough sleep at night Do you have problems falling asleep or staying asleep According to the National Institutes of Health NIH about 1 in 3 American Adults do not get healthy amounts of sleep And stress can make the problem even worse This book is split into four sections covering the most important aspects of sleep hygiene Part I Create a Restful Sleep Environment Part II Follow a Healthy Sleep Routine Part III Eat a Soporific Diet Part IV Implement a Relaxing Bedtime Ritual *Sleep Hygiene Practices* Ivan Noe Martinez Salazar, 2016-06-24 There is consensus that a sizeable percentage of people in most developed countries do not obtain adequate amounts or quality of sleep These disruptions in sleep when chronic and severe can lead to psychological behavioral and health consequences The focus on behavioral and contextual factors that impact sleep has been termed sleep hygiene An online anonymous survey collected sociodemographic information as well as self reports on sleep sleep hygiene practices and dreaming across two cultural groups English and Spanish speaking responders A total of 204 participants majority of them college and graduate students answered the survey Both cultural groups English and Spanish speaking reported similar results in terms of sleep quantity and quality as well as sleep hygiene practices In general respondents do not actively and consistently practice any of the sleep hygiene recommendations These results area similar to previous research on sleep quality and sleep hygiene practices but the results also revealed surprisingly high levels of night awakenings use of medications and disruption of sleep by environmental factors Results on the frequency of dreams were similar to previous research but nightmares were more frequent within this population Percentage of people who reported that dreams or nightmares affected their behavior and or emotional status the following day were also similar to previous findings *How to Sleep Well* Ted Peace, 2020-02-12 There is nothing more frustrating than being unable to sleep Tossing and turning over Your mind is racing running over all of today s happenings Noise from the night keeps you awake What are you going to do There are things you can do Read on and learn to sleep well with some new tricks When insomniacs adhere to strict sleep hygiene adapt to good lifestyle behaviors and use behavioral modification interventions that can teach the subconscious mind to fall asleep then they can return to standard healthy sleep patterns and fall asleep quickly and well at night Do not take insomnia medicine such as sleeping pills if you want to permanently and effectively cure your insomnia because sleeping pills are insomnia treatment only for the short term and it can not change your subconscious mind to help you fall asleep quickly and well every night Many people are afraid to camp because they don t think they re going to sleep well This was often the result of a bad childhood experience where they slept in a cheap sleeping bag on the wet ground etc The reality is that it can be refreshing and comfortable to sleep outside especially if you are planning for some effort and have the right equipment We all know we re good at waking up early We can practice we can study we can work Just have

more of a life But it s hard for most people to sleep well and wake up early and clean I know in the morning a lot of people are feeling bad Here are some tips and tricks I ve learned over the years that will help me to sleep better and to wake up recharged Sleeping allows you to rejuvenate and refresh yourself but here we discuss how much you need to sleep and what are the side effects of sleeping less Sleep was seen as just a time when you re not awake but a detailed sleep study found that it s far beyond that sleep has different levels and stages *The Healing Powers of Sleep* Anthony Glenn,2020-01-20 Improve your sleep and discover its healing power with a few simple methods What if only a few changes to your habits and life routine could dramatically improve your sleep and life satisfaction Amazon bestselling author Anthony Glenn presents the remarkable findings of the impact of sleep on our health and how to incorporate healing tips for a good night s rest into our lives Based on his expertise of over 15 years of working with clients as well as his personal experience of transformation from a sufferer of insomnia and panic attacks to a perfectly healthy and fulfilled individual Anthony answers the question how can sleep hygiene impact our physical and mental health You ll discover Why we sleep What happens during sleep What a lack of sleep does to your mind and body How sleep deprivation affects your thinking and physical health Sleep and mental illness Sleep and weight gain Sleeping hygiene before going to bed What you should avoid before bedtime Food and drinks for better sleep How to customize your sleeping environment Tips and tricks for better z s The Navy SEAL technique and how to practice it What to do if nothing helps Bonus chapter Make friends with your mornings Open your eyes to the importance of sleep This manual of easy to follow advice can be applied to your case with life changing results Scroll to the top click the Buy now with 1 Click button and discover the healing power of sleep

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