

# 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.



# Best Sleep Hygiene Tips For Beginners 4349

**John Augustus Lapp, Charles-Edward  
Amory Winslow, Frank Leslie Rector**

## **Best Sleep Hygiene Tips For Beginners 4349:**

**Our Baby** Dagmar von Cramm, E. Schmidt, Mark Allan Goldstein, 1997 With Our Baby Dagmar von Cramm and Dr Eberhard Schmidt offer parents a guide to coping with the first year of a baby's life The book includes advice on feeding and bathing and gives information on how a baby develops and grows in its first year **Journal of the House of Representatives of the United States** United States. Congress. House, 1999 Some vols include supplemental journals of such proceedings of the sessions as during the time they were depending were ordered to be kept secret and respecting which the injunction of secrecy was afterwards taken off by the order of the House **Yoga Journal** , 1995-10 For more than 30 years Yoga Journal has been helping readers achieve the balance and well being they seek in their everyday lives With every issue Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds We are dedicated to providing in depth thoughtful editorial on topics such as yoga food nutrition fitness wellness travel and fashion and beauty **Nation's Health** John Augustus Lapp, Charles-Edward Amory Winslow, Frank Leslie Rector, 1926 ENT Diseases: Diagnosis and Treatment during Pregnancy and Lactation Cemal Cingi, Halil Erdem Özel, Nuray Bayar Muluk, 2022-08-24 The book offers a comprehensive overview of ENT diseases during pregnancy postpartum and lactating period It brings together the experience of authors from more than 25 countries and aims to provide a broader understanding of the diagnosis prevention and treatment of the ENT pathologies in pregnant and lactating women The book is organized in 7 main parts according to the ENT subspecialties and each chapter features a reader friendly uniform structure It includes developments about COVID 19 infection ENT Diseases Diagnosis and Treatment during Pregnancy and Lactation will appeal to a wide readership from ENT practitioners through allergists and pulmonologists to trainees and students in ENT obstetrics gynecology *Five Thousand Best Modern Illustrations* Gerard Benjamin Fleet Hallock, 1927 New York Magazine , 1991-11-18 New York magazine was born in 1968 after a run as an insert of the New York Herald Tribune and quickly made a place for itself as the trusted resource for readers across the country With award winning writing and photography covering everything from politics and food to theater and fashion the magazine's consistent mission has been to reflect back to its audience the energy and excitement of the city itself while celebrating New York as both a place and an idea **Los Angeles Magazine** , 2003-11 Los Angeles magazine is a regional magazine of national stature Our combination of award winning feature writing investigative reporting service journalism and design covers the people lifestyle culture entertainment fashion art and architecture and news that define Southern California Started in the spring of 1961 Los Angeles magazine has been addressing the needs and interests of our region for 48 years The magazine continues to be the definitive resource for an affluent population that is intensely interested in a lifestyle that is uniquely Southern Californian **Scientific American** , 1881 Report Commonwealth Shipping Committee, 1913 *Instructor* , 1970 **The Sunday Times New Book of Body Maintenance** Oliver Gillie, Celia Haddon, Derrik Mercer, 1985 **Index**

**Medicus** ,2001 Vols for 1963 include as pt 2 of the Jan issue Medical subject headings Parliamentary Papers Great Britain. Parliament. House of Commons,1913 **Library Journal** ,1990 **USadreview** ,2003 **Report to the Lords Commissioners of His Majesty's Treasury** Great Britain. Highlands and Islands Medical Service Committee,1912 Consumer Sourcebook Wilson,Gill,1989 Glamour ,2009 Medical Device Register ,1986 Contains a list of all manufacturers and other specified processors of medical devices registered with the Food and Drug Administration and permitted to do business in the U S with addresses and telephone numbers Organized by FDA medical device name in alphabetical order Keyword index to FDA established standard names of medical devices

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