

A close-up photograph of a woman lying down, resting her head on her hands on a white pillow. Her eyes are closed, and she has a peaceful expression. The lighting is soft and natural, highlighting the texture of her skin and the white fabric of the pillow. The overall mood is calm and serene, suggesting a focus on relaxation and sleep.

**SLEEP
HYGIENE**

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Fingley



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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

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