



SLEEP HYGIENE TIPS

- *Establish a Consistent Sleep Schedule*
- *Create a Relaxing Bedtime Routine*
- *Optimize Your Sleep Environment*
- *Limit Screen Time Before Bed*
- *Mind Your Food and Drink Choices*
- *Exercise Regularly, But Not Right Before Bed*
- *Manage Stress Effectively*
- *Limit Naps During the Day*
- *Be Careful of Your Sleep Position*
- *Avoid Stimulants Before Bed*



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Monthly Catalog of United States Government Publications, 1988 **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.

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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