

Tips for positive sleep hygiene



Regularity: To train your body into a regular rhythm, go to bed and get up at the same time every day - even on weekends!



Avoid caffeine before bed: coffee, tea, cola drinks and even chocolate are all stimulants that interfere with the ability to fall asleep.



Bathtime: a hot bath 1-2 hours before bed can be helpful in raising your body temperature, causing you to feel sleepy as it lowers again.



Exercise: Regular exercise is a good idea to help with sleep but try not to do strenuous exercise in the four hours before bed time.



Natural light: Getting as much daylight as possible helps the body to produce melatonin, a natural hormone that promotes sleep.

Sleep when sleepy: Only try to sleep when you actually feel tired, rather than spending too much time lying awake in bed.



No naps!: Try to avoid taking naps throughout the day to ensure you are tired at bedtime.



Sleep diary: Use a written sleep diary or an app to monitor your sleep; you might be able to identify patterns and what helps



Eat right: A healthy balanced diet will help you sleep well, but timing is important - a heavy meal soon before bed can interrupt sleep.



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American Academy of Sleep Medicine

A red circular graphic with a gradient, partially overlapping the right side of the grey bar.

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The Art of Restful Sleep: Practical Sleep Hygiene Tips Fingley, 2024 **Sleep Hygiene** American Academy of Sleep Medicine, 2000 *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 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 are 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.

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Table of Contents Trending Sleep Hygiene Tips 2025 For Beginners 26483

1. Understanding the eBook Trending Sleep Hygiene Tips 2025 For Beginners 26483
 - The Rise of Digital Reading Trending Sleep Hygiene Tips 2025 For Beginners 26483
 - Advantages of eBooks Over Traditional Books
2. Identifying Trending Sleep Hygiene Tips 2025 For Beginners 26483
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Trending Sleep Hygiene Tips 2025 For Beginners 26483
 - User-Friendly Interface
4. Exploring eBook Recommendations from Trending Sleep Hygiene Tips 2025 For Beginners 26483
 - Personalized Recommendations
 - Trending Sleep Hygiene Tips 2025 For Beginners 26483 User Reviews and Ratings
 - Trending Sleep Hygiene Tips 2025 For Beginners 26483 and Bestseller Lists
5. Accessing Trending Sleep Hygiene Tips 2025 For Beginners 26483 Free and Paid eBooks
 - Trending Sleep Hygiene Tips 2025 For Beginners 26483 Public Domain eBooks
 - Trending Sleep Hygiene Tips 2025 For Beginners 26483 eBook Subscription Services
 - Trending Sleep Hygiene Tips 2025 For Beginners 26483 Budget-Friendly Options

6. Navigating Trending Sleep Hygiene Tips 2025 For Beginners 26483 eBook Formats
 - ePub, PDF, MOBI, and More
 - Trending Sleep Hygiene Tips 2025 For Beginners 26483 Compatibility with Devices
 - Trending Sleep Hygiene Tips 2025 For Beginners 26483 Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Trending Sleep Hygiene Tips 2025 For Beginners 26483
 - Highlighting and Note-Taking Trending Sleep Hygiene Tips 2025 For Beginners 26483
 - Interactive Elements Trending Sleep Hygiene Tips 2025 For Beginners 26483
8. Staying Engaged with Trending Sleep Hygiene Tips 2025 For Beginners 26483
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Trending Sleep Hygiene Tips 2025 For Beginners 26483
9. Balancing eBooks and Physical Books Trending Sleep Hygiene Tips 2025 For Beginners 26483
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Trending Sleep Hygiene Tips 2025 For Beginners 26483
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Trending Sleep Hygiene Tips 2025 For Beginners 26483
 - Setting Reading Goals Trending Sleep Hygiene Tips 2025 For Beginners 26483
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Trending Sleep Hygiene Tips 2025 For Beginners 26483
 - Fact-Checking eBook Content of Trending Sleep Hygiene Tips 2025 For Beginners 26483
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements

- Interactive and Gamified eBooks

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