

Sleep hygiene



Sleep hygiene refers to good sleep habits. The following are some ways of establishing and maintaining healthy sleep routines, and can provide long-term solutions to sleep difficulties:

Routines

Teach your body to get ready for sleep

- Go to bed and get up at regular times
- Develop a personal, relaxing, pre-bed routine e.g. stretching or breathing exercises
- A hot bath 1-2 hours before bed or a warm glass of milk can help
- Teach your body to link 'bed' with 'sleeping' - avoid using the bed to eat, work, read, or use electronic devices



Environment

Are your surroundings suitable for sleep?

- A cooler room with enough blankets for warmth is best
- Use heavy curtains/blinds, an eyemask and/or earplugs to block out light and noise



Diet, exercise and napping

What you do in the day impacts your sleep at night

- Avoid naps, or restrict naps to less than 1 hour before 3pm
- Avoid caffeine, nicotine, and alcohol at least 4-6 hours before bed
- Avoid looking at bright screens (e.g. phone, tablet) 2-3 hours before bed
- Exercise regularly but avoid strenuous exercise within 4 hours of bedtime
- Maintain a balanced diet but avoid a large meal soon before bed



Reactions

How we respond to poor night's sleep can help make or break a poor sleep cycle

- If you can't fall asleep after about 20 minutes, get up, do a calm or boring activity until you feel sleepy, then return to bed
- Avoid frequently checking the clock at night
- Try to do everything you had planned for the day, even if you slept poorly the night before



Expert Sleep Hygiene Tips For Beginners

Peipei Pang



Expert Sleep Hygiene Tips For Beginners:

This book delves into Expert Sleep Hygiene Tips For Beginners. Expert Sleep Hygiene Tips For Beginners is an essential topic that must be grasped by everyone, from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Expert Sleep Hygiene Tips For Beginners, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:
 - Chapter 1: Introduction to Expert Sleep Hygiene Tips For Beginners
 - Chapter 2: Essential Elements of Expert Sleep Hygiene Tips For Beginners
 - Chapter 3: Expert Sleep Hygiene Tips For Beginners in Everyday Life
 - Chapter 4: Expert Sleep Hygiene Tips For Beginners in Specific Contexts
 - Chapter 5: Conclusion
 2. In chapter 1, the author will provide an overview of Expert Sleep Hygiene Tips For Beginners. The first chapter will explore what Expert Sleep Hygiene Tips For Beginners is, why Expert Sleep Hygiene Tips For Beginners is vital, and how to effectively learn about Expert Sleep Hygiene Tips For Beginners.
 3. In chapter 2, this book will delve into the foundational concepts of Expert Sleep Hygiene Tips For Beginners. The second chapter will elucidate the essential principles that need to be understood to grasp Expert Sleep Hygiene Tips For Beginners in its entirety.
 4. In chapter 3, this book will examine the practical applications of Expert Sleep Hygiene Tips For Beginners in daily life. The third chapter will showcase real-world examples of how Expert Sleep Hygiene Tips For Beginners can be effectively utilized in everyday scenarios.
 5. In chapter 4, the author will scrutinize the relevance of Expert Sleep Hygiene Tips For Beginners in specific contexts. The fourth chapter will explore how Expert Sleep Hygiene Tips For Beginners is applied in specialized fields, such as education, business, and technology.
 6. In chapter 5, the author will draw a conclusion about Expert Sleep Hygiene Tips For Beginners. This chapter will summarize the key points that have been discussed throughout the book.
- The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Expert Sleep Hygiene Tips For Beginners.

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Expert Sleep Hygiene Tips For Beginners Introduction

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