

# 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.



# Pro Sleep Hygiene Tips For Beginners

**Emilie Sanchez**



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*Night's Sleep* Martin C. Moore-Ede, Suzanne LeVert, 1999 This tip filled alternative to sedatives provides simple methods of determining how much sleep is needed self quizzes to zero in on one's personal sleep enemies strategies to break bad sleep habits evaluations on the latest sleep aids and more     *Advice to a Wife on the Management of Her Own Health and on the Treatment of Some of the Complaints Incidental to Pregnancy, Labour, and Suckling* Pye Henry Chavasse, 1880     **Good Health** ,1903     The Teachers' Guide ,1930     *Cognitive Therapy for Bipolar Disorder* Dominic Lam, 1999-08-25 Bipolar disorder or manic depression is a serious mental disorder which is likely to represent the next major area after psychosis for the wider application of cognitive behavioural therapy     *Medical Counselor and Michigan Journal of Homeopathy* ,1900     **Journal of Practical Medicine** ,1899     **Nursing World** ,1899     **Municipal Ordinances, Rules, and Regulations Pertaining to Public Health Adopted 1910-1914 by Cities of the U.S. Having a Population of Over 10,000 in 1910** United States. Public Health Service, 1915     Professional Safety ,2005     **Bulletin of the National Federation of Business and Professional Women's Clubs** ,1929     Bulletin University of Illinois (Urbana-Champaign campus). Bureau of Educational Research, 1929     *Contemporary Psychiatric-mental Health Nursing* Carol A. Glod, 1998 This unique text presents the most current biological and behavioral theories of mental illness The emphasis is on the practical application of information to help students understand the experience of what it means to have a particular disorder and how it feels to be on psychotropic medication Also a variety of therapies are covered and treatment in the community is stressed     *Health Education Index and Guide to Voluntary Social Welfare Organisations* ,1977     **Yearbook** Chicago Principals Club, 1930     *Year Book* Chicago Principals Club, 1930

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