

# SLEEP HYGIENE

Five effective tips to establish a healthy sleeping habits

**Stay clear of stimulants late in the day.**



avoid beverages and foods that contain caffeine

**Do a regular exercise.**



regular exercise routine can help contribute to improved sleep.

**Stick to a consistent sleep schedule.**



going to bed and waking up at the same time every day

**Create a relaxing bedtime/pre-bedtime routine.**



any relaxing activity about an hour before bed helps creates a smoother transition.

**Unplug an hour before bed.**

Keep screen use to a minimum, at least an hour before bed,



**Keep your room cool and comfortable.**

ideal room for sleeping is cool, quiet, and dark.



**Avoid foods that can disrupt sleep.**

when you lie down right after a big meal, your digestive juices are still cranking.



# Beginner Friendly Sleep Hygiene Tips Step Plan

**ML Yell**



## **Beginner Friendly Sleep Hygiene Tips Step Plan:**

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*Masculinities and Discourses of Men's Health* Gavin Brookes, Małgorzata Chałupnik, 2023-10-30 This book brings together a collection of case studies that explore the relationship between health and masculinity It covers various topics related to health such as mental health sexual health eating disorders and coronavirus and offers health based perspectives on issues such as migration and gender identity as these relate to masculinities In exploring these themes this book addresses a wide range of communicative contexts including online forums interviews advertising sex education materials migrant integration classes and suicide notes This book will appeal to linguists interested in health and gender particularly masculinities as well as scholars in fields such as psychology media studies cultural studies and other humanities and social science disciplines with a focus on discourse

[Forthcoming Networks and Sustainability in the AIoT Era](#) Jawad Rasheed, Adnan M. Abu-Mahfouz, Muhammad Fahim, 2024-06-25 This book introduces a groundbreaking approach to enhancing IoT device security providing a comprehensive overview of its applications and methodologies Covering a wide array of topics from crime prediction to cyberbullying detection from facial recognition to analyzing email spam it addresses diverse challenges in contemporary society Aimed at researchers practitioners and policymakers this book equips readers with practical tools to tackle real world issues using advanced machine learning algorithms Whether you're a data scientist law enforcement officer or urban planner this book is a valuable resource for implementing predictive models and enhancing public safety measures It is a comprehensive guide for implementing machine learning solutions across various domains ensuring optimal performance and reliability Whether you're delving into IoT security or exploring the potential of AI in urban landscapes this book provides

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