

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.



Beginner Friendly Sleep Hygiene Tips Full Tutorial 6866

Julia Schneider



Beginner Friendly Sleep Hygiene Tips Full Tutorial 6866:

Whispering the Techniques of Language: An Psychological Quest through **Beginner Friendly Sleep Hygiene Tips Full Tutorial 6866**

In a digitally-driven earth where monitors reign supreme and quick connection drowns out the subtleties of language, the profound techniques and psychological nuances concealed within phrases usually get unheard. Yet, situated within the pages of **Beginner Friendly Sleep Hygiene Tips Full Tutorial 6866** a fascinating fictional treasure sporting with natural emotions, lies a fantastic journey waiting to be undertaken. Written by a skilled wordsmith, this marvelous opus attracts visitors on an introspective journey, softly unraveling the veiled truths and profound impact resonating within the cloth of each and every word. Within the mental depths of the moving evaluation, we can embark upon a heartfelt exploration of the book is core subjects, dissect their charming publishing design, and succumb to the strong resonance it evokes strong within the recesses of readers hearts.

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