

HEALTHY SLEEP HABITS



Improve your sleep with some positive lifestyle changes and consistent sleep habits

1 REGULAR SLEEP SCHEDULE

Try to maintain a consistent sleep pattern 7 days a week. Getting up at the same time every day can help.



2 RELAXING BEDTIME ROUTINE

Spend time before bed relaxing: read a book, meditate, stretch, do yoga, have a shower or bath. Avoid difficult conversations, activities or work.



3 AVOID STIMULANTS

Don't drink caffeine, sugary or energy drinks in the evening. Avoid nicotine before bed. Only drink alcohol in moderation at night, if at all.



4 GOOD SLEEP ENVIRONMENT

Keep your bedroom clean, tidy and comfortable. Use a quality mattress and bedding. Keep the bedroom aired, and a temperature between 60 -70 °F (17-21 °C)



5 BLOCK OUT NOISE AND LIGHT

Make sure the bedroom is dark and quiet. Use blackout curtains or a sleep mask. Use earplugs, white noise, a fan or music to mask external noise.



6 ONLY SLEEP AND INTIMACY

Only use the bed for sleep and intimacy with a partner. Avoid watching TV or using other devices in bed. That will help associate the bed with sleep.



7 EXERCISE AND DAYLIGHT

Try to do regular exercise, but not too intense before bedtime. Spend time outside in the daylight. Even a short walk during the day can improve sleep.



8 EAT WELL

Try to eat a balanced, healthy diet. Avoid heavy, fatty, fried or spicy food late in the evening if you get indigestion. Bananas, yogurt or healthy cereal are good bedtime snacks.



Expert Sleep Hygiene Tips Explained 34135

Scott C. Dulebohn



Expert Sleep Hygiene Tips Explained 34135:

This book delves into Expert Sleep Hygiene Tips Explained 34135. Expert Sleep Hygiene Tips Explained 34135 is an essential topic that must be grasped by everyone, ranging from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Expert Sleep Hygiene Tips Explained 34135, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:

- Chapter 1: Introduction to Expert Sleep Hygiene Tips Explained 34135
- Chapter 2: Essential Elements of Expert Sleep Hygiene Tips Explained 34135
- Chapter 3: Expert Sleep Hygiene Tips Explained 34135 in Everyday Life
- Chapter 4: Expert Sleep Hygiene Tips Explained 34135 in Specific Contexts
- Chapter 5: Conclusion

2. In chapter 1, this book will provide an overview of Expert Sleep Hygiene Tips Explained 34135. This chapter will explore what Expert Sleep Hygiene Tips Explained 34135 is, why Expert Sleep Hygiene Tips Explained 34135 is vital, and how to effectively learn about Expert Sleep Hygiene Tips Explained 34135.

3. In chapter 2, the author will delve into the foundational concepts of Expert Sleep Hygiene Tips Explained 34135. This chapter will elucidate the essential principles that need to be understood to grasp Expert Sleep Hygiene Tips Explained 34135 in its entirety.

4. In chapter 3, the author will examine the practical applications of Expert Sleep Hygiene Tips Explained 34135 in daily life. This chapter will showcase real-world examples of how Expert Sleep Hygiene Tips Explained 34135 can be effectively utilized in everyday scenarios.

5. In chapter 4, the author will scrutinize the relevance of Expert Sleep Hygiene Tips Explained 34135 in specific contexts. The fourth chapter will explore how Expert Sleep Hygiene Tips Explained 34135 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 Explained 34135. The final 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. It is highly recommended for anyone seeking to gain a comprehensive understanding of Expert Sleep Hygiene Tips Explained 34135.

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