

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

Jia-Bin Sun



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Men's Health For Dummies The Experts at Dummies,2025-12-23 Practical information and guidance on fitness diet mental health chronic conditions and beyond Men s Health For Dummies is an indispensable resource that empowers you to take control of your health and well being This comprehensive book integrates practical tips expert advice and actionable strategies from a team of trusted authors You ll get great information on the unique health challenges that men face including heart health mental health fitness concerns and conditions that affect more men than women With this highly readable Dummies guide you can gain the knowledge you need to take a holistic approach to achieving optimal health Feel empowered in your fitness journey Nurture your mental health Learn about chronic conditions and treatments Discover your path to living a long healthy life Men s Health For Dummies is for men of all ages who are looking to improve their overall health and well being including anyone seeking a fitness boost searching for tips on dealing with chronic illness or needing techniques to manage mental health This friendly book has you covered

Sleep Health Benefits Ava Wilson,AI,2025-02-22 Sleep Health Benefits explores the profound impact of sleep on our overall well being revealing how optimizing sleep can lead to a healthier and more productive life The book highlights the crucial connection between sleep architecture physiological restoration and cognitive enhancement demonstrating how sleep disturbances can negatively affect our quality of life Did you know that sleep isn t just rest it s a fundamental biological process where your body and mind actively regenerate Or that disturbances in your sleep cycles can throw your hormone system off balance Beginning with core concepts like circadian rhythms the book progresses to examine sleep s effects on immunity cardiovascular health and mental health It uniquely synthesizes data from diverse sources providing a holistic perspective The book culminates in a practical guide offering strategies for improving sleep hygiene addressing common sleep disorders and creating personalized sleep optimization plans This book stands out by presenting complex scientific information in an accessible manner making it valuable for health conscious individuals and healthcare professionals alike By diving into sleep research and health statistics Sleep Health Benefits empowers readers to take control of their sleep leading to improved health and enhanced cognitive function

Shiftwork Safety and Performance Peggy Westfall,2020-07-26 As more employees work non routine hours often in critical safety and security positions recognizing and reducing stress and the human error it causes is more important than ever Performance problems caused by unconventional work schedules and resulting fatigue are a significant cause of industrial accidents lost productivity and high medical costs Shiftwork Safety and Performance offers practical solutions to managing fitness and health improving alertness and sleep quality and maintaining a social life while performing shiftwork The author an experienced safety consultant and trainer who has studied shiftwork around the country explains the often disastrous consequences of inadequate alertness and offers ways to improve morale and reduce accidents If you supervise or train shiftworkers this book will help you identify opportunities to improve workplace and worker safety This easy to read

practical manual introduces scheduling strategies to improve alertness enhance the quality of time away from work and assist crew communications It is the first and only complete guide on the complex subject of shiftwork and human performance and the first book addressing the serious subject of shiftworker burnout

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