

# 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



# Easy Sleep Hygiene Tips Usa For Experts 16925

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**Forthcoming Books** Rose Arny,2002      Sleep Hygiene Tips Harry Sandor,2021-07-08 Are you getting enough sleep at night Do you have problems falling asleep or staying asleep According to the National Institutes of Health NIH about 1 in 3 American Adults do not get healthy amounts of sleep And stress can make the problem even worse This book is split into four sections covering the most important aspects of sleep hygiene Part I Create a Restful Sleep Environment Part II Follow a Healthy Sleep Routine Part III Eat a Soporific Diet Part IV Implement a Relaxing Bedtime Ritual      **The Art of Restful Sleep: Practical Sleep Hygiene Tips** Fingley,2024

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## **Table of Contents Easy Sleep Hygiene Tips Usa For Experts 16925**

1. Understanding the eBook Easy Sleep Hygiene Tips Usa For Experts 16925
  - The Rise of Digital Reading Easy Sleep Hygiene Tips Usa For Experts 16925
  - Advantages of eBooks Over Traditional Books
2. Identifying Easy Sleep Hygiene Tips Usa For Experts 16925
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Easy Sleep Hygiene Tips Usa For Experts 16925
  - User-Friendly Interface
4. Exploring eBook Recommendations from Easy Sleep Hygiene Tips Usa For Experts 16925
  - Personalized Recommendations
  - Easy Sleep Hygiene Tips Usa For Experts 16925 User Reviews and Ratings

- Easy Sleep Hygiene Tips Usa For Experts 16925 and Bestseller Lists
- 5. Accessing Easy Sleep Hygiene Tips Usa For Experts 16925 Free and Paid eBooks
  - Easy Sleep Hygiene Tips Usa For Experts 16925 Public Domain eBooks
  - Easy Sleep Hygiene Tips Usa For Experts 16925 eBook Subscription Services
  - Easy Sleep Hygiene Tips Usa For Experts 16925 Budget-Friendly Options
- 6. Navigating Easy Sleep Hygiene Tips Usa For Experts 16925 eBook Formats
  - ePub, PDF, MOBI, and More
  - Easy Sleep Hygiene Tips Usa For Experts 16925 Compatibility with Devices
  - Easy Sleep Hygiene Tips Usa For Experts 16925 Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Easy Sleep Hygiene Tips Usa For Experts 16925
  - Highlighting and Note-Taking Easy Sleep Hygiene Tips Usa For Experts 16925
  - Interactive Elements Easy Sleep Hygiene Tips Usa For Experts 16925
- 8. Staying Engaged with Easy Sleep Hygiene Tips Usa For Experts 16925
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Easy Sleep Hygiene Tips Usa For Experts 16925
- 9. Balancing eBooks and Physical Books Easy Sleep Hygiene Tips Usa For Experts 16925
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Easy Sleep Hygiene Tips Usa For Experts 16925
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine Easy Sleep Hygiene Tips Usa For Experts 16925
  - Setting Reading Goals Easy Sleep Hygiene Tips Usa For Experts 16925
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Easy Sleep Hygiene Tips Usa For Experts 16925
  - Fact-Checking eBook Content of Easy Sleep Hygiene Tips Usa For Experts 16925
  - Distinguishing Credible Sources

13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
14. Embracing eBook Trends
  - Integration of Multimedia Elements
  - Interactive and Gamified eBooks

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