

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



How To Sleep Hygiene Tips For Beginners 28777

Lingsheng Yao



How To Sleep Hygiene Tips For Beginners 28777:

This book delves into How To Sleep Hygiene Tips For Beginners 28777. How To Sleep Hygiene Tips For Beginners 28777 is a vital topic that must be grasped by everyone, from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into How To Sleep Hygiene Tips For Beginners 28777, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:
 - Chapter 1: Introduction to How To Sleep Hygiene Tips For Beginners 28777
 - Chapter 2: Essential Elements of How To Sleep Hygiene Tips For Beginners 28777
 - Chapter 3: How To Sleep Hygiene Tips For Beginners 28777 in Everyday Life
 - Chapter 4: How To Sleep Hygiene Tips For Beginners 28777 in Specific Contexts
 - Chapter 5: Conclusion
 2. In chapter 1, this book will provide an overview of How To Sleep Hygiene Tips For Beginners 28777. The first chapter will explore what How To Sleep Hygiene Tips For Beginners 28777 is, why How To Sleep Hygiene Tips For Beginners 28777 is vital, and how to effectively learn about How To Sleep Hygiene Tips For Beginners 28777.
 3. In chapter 2, the author will delve into the foundational concepts of How To Sleep Hygiene Tips For Beginners 28777. The second chapter will elucidate the essential principles that must be understood to grasp How To Sleep Hygiene Tips For Beginners 28777 in its entirety.
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