

# 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 For Students

**C Cleary**



## **Easy Sleep Hygiene Tips For Students:**

**Women's Healthcare in Advanced Practice Nursing** Ivy M. Alexander, Versie Johnson-Mallard, Elizabeth Kostas-Polston, Joyce D. Cappiello, Heather S. Hubbard, 2023-10-30 Holistically addresses women's health encompassing the needs of transgender and nonbinary individuals and considering ethnicity social class and disability ableness Delivering incisive and comprehensive information on the healthcare needs of women transgender and nonbinary persons the third edition of this distinguished text incorporates a strong focus on the provision of high value equitable and unbiased care It expands research and clinical frameworks for understanding women's health to encompass transgender and nonbinary persons and places women's health within a holistic perspective considering ethnicity social class and disability ableness All chapters are significantly updated with new evidence based research clinical updates and guidelines drug information Covid related information racism and health disparities This text also covers current and pertinent health topics such as substance use and abuse mental health early pregnancy decision making and LGBTQ care as well as abundant integrated information on care of transgender and nonbinary individuals and enhanced information on pregnancy and primary care issues that disproportionately affect females The book is organized for ease of use and is comprised of three distinct but interrelated sections on theoretical frameworks to guide approach and care health promotion and prevention and managing health conditions Rich instructor resources include mapping content to AACN Essentials case studies a test bank and PowerPoint slides New to the Third Edition Focuses on providing equitable unbiased care for all women including transgender and nonbinary individuals Updated with new evidence based research clinical updates and guidelines drug information Covid related information and racism and health disparities information Expanded information on care of transgender individuals Enhanced content on pregnancy and related issues Four color presentation to enhance readability Incorporates content in WHNP and CNM national certification examination blueprints Key Features Distills cutting edge information on women's health issues through a sociocultural framework Edited by renowned scholar educators for AP nursing students Organized to provide easy retrieval of clinical information Addresses genetics LGBTQ health endocrine related problems health considerations for women caregivers dementia care and more Includes relevant web resources and apps in each chapter Provides extensive instructor toolkit to foster critical thinking

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