

# 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.



# Top Sleep Hygiene Tips

**Anne Alexander**



## **Top Sleep Hygiene Tips:**

*The Science of Rest Unlocking the Healing Power of Sleep for Body and Mind* Selene Rothwell, 2025-11-05 Sleep is not a luxury it's biology's greatest necessity *The Science of Rest Unlocking the Healing Power of Sleep for Body and Mind* reveals the groundbreaking research that shows how rest fuels every aspect of human health from memory and creativity to immunity and emotional balance Through clear evidence based insights this research driven book explains how sleep affects brain function hormonal cycles and even long term disease prevention Readers will learn practical methods to enhance sleep quality align with natural circadian rhythms and build habits that restore energy and focus Designed for professionals in health neuroscience and performance optimization it bridges cutting edge science with real world application You'll discover why sleep is the foundation of productivity and how mastering it can elevate every dimension of your life personally and professionally Because when you sleep better you live better

**The Road to Resilience** Gertrude Swanson, 2026-01-16 Discover a practical path to resilience and reclaim your life from anxiety and depression *The Road to Resilience Strategies for Reclaiming Your Life from Anxiety and Depression* is a comprehensive compassionate guide for navigating mental health challenges and rebuilding strength clarity and emotional balance Written by Gertrude Swanson this book takes a holistic approach to healing integrating evidence based psychology with lifestyle changes and transformative practices Rather than offering quick fixes it provides sustainable tools to help you move forward with confidence and self understanding Designed for real life *The Road to Resilience* meets you where you are and helps you build momentum one step at a time Inside you'll learn how to identify and challenge distorted thought patterns that fuel anxiety and depression Apply effective behavioral strategies to reduce anxiety and lift depressive symptoms Use mindfulness and acceptance based approaches to improve emotional regulation and well being Make supportive lifestyle changes including nutrition sleep and movement that strengthen mental health Explore complementary and alternative approaches to support your healing journey Build healthier relationships and support systems through practical interpersonal strategies Apply advanced tools for personal growth and transformation Navigate recovery and prevent relapse with insight preparation and self compassion Whether you're facing anxiety depression or both *The Road to Resilience* offers the knowledge structure and encouragement needed to move beyond survival and toward a fuller more balanced life You are more than your diagnosis Resilience can be learned strengthened and sustained Get your copy of *The Road to Resilience* today and take the first step toward a brighter more hopeful future

**Sleeping Your Way to the Top** Terry Cralle, W. David Brown, William Cane, 2016-04-05 Many people today believe that the less sleep you get the more productive you are But two nationally recognized experts are here to debunk that myth and show that sufficient sleep and success go hand in hand A groundbreaking collaboration between certified clinical sleep educator Terry Cralle RN and sleep psychologist W David Brown PhD *Sleeping Your Way to the Top* presents the ultimate wake up call for ambitious people who wish to achieve maximum performance Based on compelling

new research it provides the latest clinically proven techniques for getting quality rest achieving maximum productivity and overcoming common sleep impediments to enhance your career Featuring sidebars charts and illustrations this book finally takes the stigma out of sleep *Your Best Life - A Doctor's Secret Guide to Radiant Health Over 40* Louise Wiseman,2020-10-28 Louise tells the story of how a near fatal pneumonia as an NHS GP and mother of two transformed her life and way of thinking about health In this personal narrative of how she had it all and then nearly lost it she explains how she sought even better health after her recovery Sport and Mental Health David Baron,Thomas Wenzel,Andreas Ströhle,Todd Stull,2023-09-12 This user friendly comprehensive and highly relevant book allows readers to gain a better understanding of mental health issues in sport and exercise The field of sports psychiatry continues to grow globally at a rapid pace This in part can be explained by the changing culture of sport leading to an appreciation of the role of psychiatric symptoms and syndromes in the world of sport but also the increasing spread of both highly performance oriented and grass roots basic sports and the associated risks in large sections of the population The long standing stigma attached to mental health problems such as depression anxiety ADHD suicide brain injuries substance abuse is being challenged not only by high profile athletes but also in public health and general mental health services The book utilizes an innovative case based and structured didactical format to provide short summaries of recent research by leading experts in the respective fields as well as up to date prevention and clinical guidelines for all relevant disorders in a way that is easily accessible to the large and growing groups interested and active in sports This work is relevant for all mental health professionals and can also be used by a wider readership including medical doctors psychologists athletes and coaches A second volume covers the role of exercise as an effective treatment for a number of common psychiatric conditions such as depression anxiety eating disorders and substance abuse **Collagen** Jessica Bippen,2021-08-03 Jessica Bippen registered dietitian and founder of the popular Nourished by Nutrition blog offers a captivating introduction to dietary collagen supplements and how to use them for personal wellness Gorgeously packaged it s perfect for the GOOP and Well Good audience for yourself or as a gift Dietary collagen offers a unique blend of amino acids and other compounds that are essential for maintaining the structure and integrity of almost every part of the body and at every age It can improve the health of our skin hair nails bones and joints as well as our digestive and immune systems Registered dietitian Jessica Bippen shares her knowledge of this protein and explains why the wellness community has embraced its benefits She answers common questions on collagen loss and how to prevent it choosing a supplement and incorporating it into your daily practice as well as dosing Jessica also provides a selection of delicious recipes for drinks and smoothies small bites entr es and desserts that boost natural collagen production Beautifully illustrated throughout this authoritative guide suggests ideas that will enhance mind body and spirit Recipes include Golden Turmeric Latte Reishi Hot Cacao Balanced Blueberry Smoothie Snickerdoodle Smoothie Cashew Coconut Collagen Bites No Cheese Collagen Queso Glow Bowl Cookie Dough Freezer Fudge Chocolate Avocado Pudding 1001

*Best Health Tips* Anne Alexander,2001      **Environmentally Sustainable Primary Care** Matt Sawyer, Mike Tomson,2024-11-07 This practical guide for primary care provides a context specific introduction to the sustainability challenges associated with good health care delivery and provides easy to implement yet impactful actions that can be taken to reduce and mitigate the impact of primary care on the living world while also looking at the impact of the changing planet on health care that people will encounter The chapters address the following key questions What is the issue What can I do what can my practice do How do my actions help patients practice and planet Included throughout are case studies vignettes and anecdotes of previous successful interventions while a checklist of the most impactful actions for others to follow as supported by the current evidence base provides a convenient summary References and additional resource recommendations give directions for further guidance The book looks at the four pillars of primary care dentistry General Practice optometry and pharmacy and includes international contributions Providing invaluable direction to turn good intentions into meaningful action this book will be invaluable to health professionals and practice managers across all primary care disciplines and to students preparing to enter practice in those fields It will also be of interest to integrated care system administrators and to health policymakers

**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

**Psychology in Everyday Life** David G. Myers,C. Nathan DeWall,2022-05-26 Myers and DeWall s briefest introduction to psychology speaks to students of all kinds making no assumptions about student level or background      The Aldine "tip-top Tales". ,1899      *The soldier's manual of sanitation and of first help* sir Charles Alexander Gordon,1873

**Exploring Psychology in Modules** David G. Myers,C. Nathan DeWall,2021-10-06 The modules version of Myers DeWall s bestseller Exploring Psychology with its exceptionally current coverage set out in 49 brief segments      *How to Sleep Better* Deepa Kannan,2023-12-14 Did you know that 10 30 per cent of adults struggle with chronic insomnia In *How to Sleep Better* Allied Functional Medicine and Ayurvedic health counsellor Deepa Kannan explores the root causes of poor sleep and provides expert tips and advice that will enhance the quality and duration of your resting hours and rejuvenate your life She explains how and why we sleep what our body does while we rest and the reasons behind many common sleep problems She also enlightens us on how to use each of our ten senses or indriyas mentioned in the Upanishads the eyes ears nose skin tongue rectum genitals legs hands and mouth effectively to enjoy a restful night This comprehensive guide offers an easy to adapt prescriptive lifestyle programme that will empower us with incredible tools for a healthier life      202 Tips Even the Best Business Travelers May Not Know Christopher McGinnis,1994-04      Prevention Magazine's 2000 Everyday Health Tips for

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