

# 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 3214

**Roman Wölfel**



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## Whispering the Strategies of Language: An Mental Journey through **Easy Sleep Hygiene Tips Usa 3214**

In a digitally-driven world where monitors reign supreme and quick communication drowns out the subtleties of language, the profound secrets and psychological subtleties concealed within words usually get unheard. However, located within the pages of **Easy Sleep Hygiene Tips Usa 3214** a captivating literary value pulsating with fresh emotions, lies an exceptional quest waiting to be undertaken. Penned by an experienced wordsmith, that charming opus attracts viewers on an introspective journey, softly unraveling the veiled truths and profound impact resonating within the very cloth of each and every word. Within the emotional depths with this moving review, we will embark upon a heartfelt exploration of the book is key themes, dissect its interesting publishing style, and yield to the strong resonance it evokes deep within the recesses of readers hearts.

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