

# 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.



# Ultimate Sleep Hygiene Tips Explained 3203

**JS Bruner**



## Ultimate Sleep Hygiene Tips Explained 3203:

**Advances in Psychiatry and Behavioral Health, Volume 3, E-Book** Deepak Prabhakar,2023-08-03 Advances in Psychiatry and Behavioral Health reviews the year s most important findings and updates within the field in order to provide psychiatrists and primary care physicians with the current clinical information they need to improve patient outcomes A distinguished editorial board led by Dr Deepak Prabhakar identifies key areas of major progress and controversy and invites preeminent specialists to contribute original articles devoted to these topics These insightful overviews in psychiatry and behavioral health inform and enhance clinical practice by bringing concepts to a clinical level and exploring their everyday impact on patient care Contains 24 articles on such topics as OCD in sport eating disorders in athletes during times of transition treatment of misophonia crisis management in psychiatry physician wellness and more as well as current topics in geriatrics child and adolescent psychiatry women s health psychotherapeutics neurosciences and more Provides in depth clinical reviews in psychiatry and behavioral health providing actionable insights for clinical practice Presents the latest information in the field under the leadership of an experienced editorial team Authors synthesize and distill the latest research and practice guidelines to create these timely topic based reviews *Cal-OSHA Reporter* ,2002 **Energy Abstracts for Policy Analysis** ,1979 Critical Information Infrastructure Protection and Resilience in the ICT Sector Théron, Paul,2013-02-28 With the progression of technological breakthroughs creating dependencies on telecommunications the internet and social networks connecting our society CIIP Critical Information Infrastructure Protection has gained significant focus in order to avoid cyber attacks cyber hazards and a general breakdown of services Critical Information Infrastructure Protection and Resilience in the ICT Sector brings together a variety of empirical research on the resilience in the ICT sector and critical information infrastructure protection in the context of uncertainty and lack of data about potential threats and hazards This book presents a variety of perspectives on computer science economy risk analysis and social sciences beneficial to academia governments and other organisations engaged or interested in CIIP Resilience and Emergency Preparedness in the ICT sector *Daily Graphic* Yaw Boadu-Ayeboafah,2006-06-28 **Energy Research Abstracts** ,1989 **Farm Journal and Country Gentleman** ,1924 The Illustrated London News ,1860 Changing Times ,1981 **The Economist** ,1991 **CQ Weekly** ,2009 *Dissertation Abstracts International* ,1980 **Journal of the American Medical Association** ,1985-05 **Working Woman** ,1986 **Editor & Publisher** ,1953 The fourth estate **Martindale-Hubbell Law Digest** ,1998 **Books In Print 2004-2005** Ed Bowker Staff,Staff Bowker, Ed,2004 **The Spectator** ,1948 A weekly review of politics literature theology and art **New Age Journal** ,1993 **Time & Tide** Helen A. Archdale,Margaret Haig Thomas Mackworth (Viscountess Rhondda),1950

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