

# 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.



# Best Way To Sleep Hygiene Tips Explained

**Brian Luke Seaward**



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Transforming Cognitive Rehabilitation McKay Moore Sohlberg, Justine Hamilton, Lyn S. Turkstra, 2023-01-25 This text reflects the changing contexts of cognitive rehabilitation practice increased recognition of the multitude of psychological and somatic factors that affect cognitive function and the emergence of novel theories that inform and guide clinical practice Chapter 1 introduces five paradigms that serve as the context for cognitive rehabilitation today In Chapter 2 we review key cognitive functions typically affected by acquired brain damage Chapter 3 introduces the concept of psychological mindedness and provides counseling frameworks and strategies that can be incorporated in cognitive rehabilitation sessions to promote client engagement and motivation Chapter 4 provides an overview of the Rehabilitation Treatment Specification System a framework to describe and classify our treatments Chapter 5 further builds on the Planning Implementation Evaluation framework The remaining chapters apply the principles and frameworks to instruction in the use of cognitive strategies Chapter 7 and external cognitive aids Chapter 8 teaching discrete facts and routines Chapter 6 and methods to support social competence after brain injury Chapter 9 Other topics are rehabilitation in the inpatient setting Chapter 10 a review of the current state of computer based drill focused cognitive rehabilitation Chapter 11 and cognitive rehabilitation for clients with functional cognitive symptoms Chapter 12

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