

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.



Affordable Sleep Hygiene Tips Explained

Léo Pomar



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Table of Contents Affordable Sleep Hygiene Tips Explained

1. Understanding the eBook Affordable Sleep Hygiene Tips Explained
 - The Rise of Digital Reading Affordable Sleep Hygiene Tips Explained
 - Advantages of eBooks Over Traditional Books
2. Identifying Affordable Sleep Hygiene Tips Explained
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Affordable Sleep Hygiene Tips Explained
 - User-Friendly Interface
4. Exploring eBook Recommendations from Affordable Sleep Hygiene Tips Explained
 - Personalized Recommendations
 - Affordable Sleep Hygiene Tips Explained User Reviews and Ratings

- Affordable Sleep Hygiene Tips Explained and Bestseller Lists
- 5. Accessing Affordable Sleep Hygiene Tips Explained Free and Paid eBooks
 - Affordable Sleep Hygiene Tips Explained Public Domain eBooks
 - Affordable Sleep Hygiene Tips Explained eBook Subscription Services
 - Affordable Sleep Hygiene Tips Explained Budget-Friendly Options
- 6. Navigating Affordable Sleep Hygiene Tips Explained eBook Formats
 - ePub, PDF, MOBI, and More
 - Affordable Sleep Hygiene Tips Explained Compatibility with Devices
 - Affordable Sleep Hygiene Tips Explained Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Affordable Sleep Hygiene Tips Explained
 - Highlighting and Note-Taking Affordable Sleep Hygiene Tips Explained
 - Interactive Elements Affordable Sleep Hygiene Tips Explained
- 8. Staying Engaged with Affordable Sleep Hygiene Tips Explained
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Affordable Sleep Hygiene Tips Explained
- 9. Balancing eBooks and Physical Books Affordable Sleep Hygiene Tips Explained
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Affordable Sleep Hygiene Tips Explained
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Affordable Sleep Hygiene Tips Explained
 - Setting Reading Goals Affordable Sleep Hygiene Tips Explained
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Affordable Sleep Hygiene Tips Explained
 - Fact-Checking eBook Content of Affordable Sleep Hygiene Tips Explained
 - Distinguishing Credible Sources

13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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