

SLEEP HYGIENE

FIVE EFFECTIVE TIPS TO ESTABLISH HEALTHY SLEEPING HABITS

AVOID CAFFEINE DURING THE DAY



AVOID BEVERAGES SUCH AS COFFEE, SODA, AND CAFFEINATED TEA

EXERCISE REGULARLY



EXERCISING CONSISTENTLY CAN HELP REGULATE YOUR SLEEP CYCLE

SETTLE DOWN WITH A BEDTIME ROUTINE

DO THE SAME THINGS IN THE SAME ORDER EVERY NIGHT BEFORE BED. SUCH AS CHANGE INTO PAJAMAS, BRUSH YOUR TEETH, DO YOUR SKINCARE, ETC.



BE CONSISTENT WITH YOUR SLEEP SCHEDULE

GO TO SLEEP AND WAKE UP AT THE SAME TIME EVERY DAY



UNPLUG AN HOUR BEFORE BED.

INSTEAD OF GOING ON YOUR PHONE, READ A BOOK BEFORE BED TO AVOID EYE STRAIN AND PROMOTE A HEALTHIER SLEEP CYCLE



CREATE A SOOTHING AMBIENCE IN YOUR ROOM

TURN ON A RED LIGHT, BURN A CANDLE, DIFFUSE LAVENDER OIL, ETC.



DON'T EAT TOO CLOSE TO BEDTIME

EATING DIRECTLY BEFORE YOU SLEEP CAN NEGATIVELY AFFECT YOUR SLEEP AND DIGESTIVE SYSTEM



Expert Sleep Hygiene Tips For Moms For Students 20823

Sabine Zange



Expert Sleep Hygiene Tips For Moms For Students 20823:

Delve into the emotional tapestry woven by in Experience **Expert Sleep Hygiene Tips For Moms For Students 20823** . This ebook, available for download in a PDF format (*), is more than just words on a page; itis a journey of connection and profound emotion. Immerse yourself in narratives that tug at your heartstrings. Download now to experience the pulse of each page and let your emotions run wild.

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