

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.



Quick Sleep Hygiene Tips Ideas For Students

Mary Bronson Merki,Merki



Quick Sleep Hygiene Tips Ideas For Students:

Fast Asleep Dr Michael Mosley, 2020-10-27 The 1 New York Times bestselling author of *The Clever Gut Diet* and one of the world's leading journalists covering nutrition and health Dr Valter Longo director of the University of Southern California Longevity Institute presents a science based sleep program designed to improve brain function support weight loss boost your mood and reduce stress Getting a good night's sleep is everyone's daily goal After all it reduces your risk of depression helps you fight chronic disease improves your memory and it just plain feels good Yes but if sleep can give us all these things and more why is it that so many of us struggle to get the necessary seven to eight hours a night In *Fast Asleep* Dr Michael Mosley brings together the latest groundbreaking science to explain exactly why it is so important that we regularly get enough sleep Prone to insomnia he has taken part in numerous sleep experiments and tested every sleep remedy Combining personal insight and in depth research he explains why so many of us struggle with sleep what works and what doesn't and shares his own myth busting program to help you achieve a good night's rest Filled with fascinating case studies fifty delicious sleep promoting recipes and more *Fast Asleep* is a complete resource that offers a range of tools for combating fatigue and tiredness Simple effective and life changing this book explores the science of dreaming explains why gut health and meal times matter and reveals tips and tricks to help you not just to sleep better but to reduce stress levels and feel happier and healthier in general [Guide to Identifying and Reducing Workforce Fatigue in Rapid Renewal Projects](#) Kat M. Anderson, 2023 This report from the second Strategic Highway Research Program SHRP 2 which is administered by the Transportation Research Board of the National Academies provides help in the development and implementation of fatigue risk management in rapid renewal highway construction environments The guide includes organization practices guidance technical reference materials fatigue training materials and work scheduling aids and guidance [Compassionate School Practices](#) Christine Mason, Dana Asby, Meghan Wenzel, Katherine T. Volk, Martha Staeheli, 2021-01-13 *Already Ready For What Will Come SEL For A Culture Of Care* Is your school prepared to care for all of the students staff and families in your community Sadly your school might be the only point of care for many Be already ready Establish a compassionate cultural foundation for strong relationships and holistic skills to weather stress trauma and promote well being for your entire school population Help your school or district use available resources to create a compassionate culture of justice and care for all by leaning into this book's approach to leadership and social emotional learning Discover a collaborative visioning process to elevate compassion through dialogue policies and protocol Readers will find Practical strategies for working with parents and communities Activities for the whole school An implementation framework for elementary middle and high school Deeper understanding of trauma ACEs and mental health concerns Support for teachers mental health What not to do practices that don't work and why In depth case studies and vignettes Read this and usher in transformational and compassionate change that may be the difference in whatever today tomorrow or the next day may bring **Topics in Gerontology** Thomas O.

Blank,1993-05-26 Gerontology is a multidisciplinary field and this bibliography provides a multidisciplinary perspective on research on aging The volume begins with an introductory chapter that describes the range of interests to be found in gerontology discusses the core concepts and directs the reader to appropriate journals and handbooks The bibliographic chapters that follow provide information on the most important works related to particular areas of gerontological research Included are bibliographies on caregiving and health care rituals related to death and dying sleep disorders Alzheimer s Disease coronary disease and the use of growth hormone in aging research The chapters reflect social anthropological biological ethical and medical views Each chapter begins with a brief essay on the latest trends in the field and each entry includes a citation and a descriptive and evaluative annotation Detailed indexes add to the usefulness of the volume

Cambridge English Empower Upper Intermediate Student's Book Adrian Doff,Craig Thaine,Herbert Puchta,Jeff Stranks,Peter Lewis-Jones,2015-02-12 Cambridge English Empower is a general adult course that combines course content from Cambridge University Press with validated assessment from the experts at Cambridge English Language Assessment The Upper Intermediate Student s Book gives learners an immediate sense of purpose and clear learning objectives It provides core grammar and vocabulary input alongside a mix of skills Speaking lessons offer a unique combination of functional language pronunciation and conversation skills alongside video filmed in the real world Each unit ends with a consolidation of core language from the unit and focuses on writing within the context of a highly communicative mixed skills lesson This version of the Student s Book does not provide access to the video assessment package and online workbook A version with full online access is available separately *Strategies For Academic Success* Reneau Waggoner,2006-05-18

The Michigan Journal ,2010 **College Students** M. V. Landow,2006 College students are subject to a massive input of stresses which require successful and ever changing coping strategies These stresses include inside and outside pressures by the world to succeed financial worries concerns about uncertain futures social problems and opportunities since college is often the meeting place for future mates and homework and tests in multiple and complex subjects requiring preparation and focus with often conflicting priorities Unsuccessful coping often results in anxiety heavy drinking depression and a host of other mental health problems This book presents new and important research in this important field **Campus Activities Programming** ,2006

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