

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.



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Table of Contents Top Sleep Hygiene Tips Usa For Workers

1. Understanding the eBook Top Sleep Hygiene Tips Usa For Workers
 - The Rise of Digital Reading Top Sleep Hygiene Tips Usa For Workers
 - Advantages of eBooks Over Traditional Books
2. Identifying Top Sleep Hygiene Tips Usa For Workers
 - 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 Top Sleep Hygiene Tips Usa For Workers
 - User-Friendly Interface
4. Exploring eBook Recommendations from Top Sleep Hygiene Tips Usa For Workers
 - Personalized Recommendations
 - Top Sleep Hygiene Tips Usa For Workers User Reviews and Ratings
 - Top Sleep Hygiene Tips Usa For Workers and Bestseller Lists
5. Accessing Top Sleep Hygiene Tips Usa For Workers Free and Paid eBooks
 - Top Sleep Hygiene Tips Usa For Workers Public Domain eBooks

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