

Sleep hygiene



Sleep hygiene refers to good sleep habits. The following are some ways of establishing and maintaining healthy sleep routines, and can provide long-term solutions to sleep difficulties:

Routines

Teach your body to get ready for sleep

- Go to bed and get up at regular times
- Develop a personal, relaxing, pre-bed routine e.g. stretching or breathing exercises
- A hot bath 1-2 hours before bed or a warm glass of milk can help
- Teach your body to link 'bed' with 'sleeping' - avoid using the bed to eat, work, read, or use electronic devices



Environment

Are your surroundings suitable for sleep?

- A cooler room with enough blankets for warmth is best
- Use heavy curtains/blinds, an eyemask and/or earplugs to block out light and noise



Diet, exercise and napping

What you do in the day impacts your sleep at night

- Avoid naps, or restrict naps to less than 1 hour before 3pm
- Avoid caffeine, nicotine, and alcohol at least 4-6 hours before bed
- Avoid looking at bright screens (e.g. phone, tablet) 2-3 hours before bed
- Exercise regularly but avoid strenuous exercise within 4 hours of bedtime
- Maintain a balanced diet but avoid a large meal soon before bed



Reactions

How we respond to poor night's sleep can help make or break a poor sleep cycle

- If you can't fall asleep after about 20 minutes, get up, do a calm or boring activity until you feel sleepy, then return to bed
- Avoid frequently checking the clock at night
- Try to do everything you had planned for the day, even if you slept poorly the night before



Easy Sleep Hygiene Tips Tips For Creators

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A Simple Guide to User Experience in the AI World Dela Rostami, Are you ready to unlock the potential of AI through exceptional user experience design UX for AI demystifies the complex world of user experience in the burgeoning field of artificial intelligence This book is crafted for beginners and provides a thorough introduction to the essentials of UX tailored specifically for AI applications In this guide you ll discover Fundamentals of UX Learn what UX is how it differs from UX research and why it s crucial in AI History and Theory Explore the evolution of UX design thinking and how psychological principles apply to user centered design Practical Approaches Gain insights into defining design problems conducting effective research and employing AI specific design strategies Ethics and Accessibility Tackle critical issues such as ethical design bias in AI and creating inclusive experiences Career Guidance Understand the landscape for UX careers in AI including skills needed and potential career paths Whether you re a budding designer a tech professional looking to shift into UX or simply AI curious UX for AI offers the tools and knowledge you need to create impactful user friendly AI systems Embark on your UX journey today and start designing the future of AI

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End of Mood Disorders Michael E. Goldberg,2008-10-29 End of Mood Disorders approaches depression and other mood disorders as energy problems and deficiencies as well as spiritual disorders As a result this book recommends energy related and spiritual techniques to help cure depression and other mood disorders This book focuses on our ability to harness healing energy to correct the havoc caused by negative energy and energy drainage in our daily lives It recommends ways to control the ego and minimize conflict in our daily lives in order to reach and maintain a happy and serene state of consciousness and peace of mind It recommends ways to fortify our energy systems to combat the adverse affects of negative energy and energy drainage caused by the slings and arrows of life These techniques are designed to fortify our auras chakras and energy channels we learn to drive out and repel negative energy prevent our further attraction of negative energy and draw in positive healing energy All this helps cure depression and other mood disorders These techniques involve meditation Reiki methods to attract and absorb positive healing energy using positive thinking prayer love kindness love of self and others positive thinking and action and chakra balancing and aura protection to heal depression and other mood disorders These techniques also bolster our ability to consciously refrain from generating negative energy and also end obsessive thinking mental spinning and ruminations that bombard us with negative energy and drain us of vital life force energy This book also focuses on the relationship between brain chemistry and energy and how brain chemistry can be changed for the better with positive thinking and positive energy This book approaches depression and other mood disorders as spiritual deficiencies

Therefore it advocates spiritual healing to address spiritual deficiencies Spiritual healing includes meditation prayer kindness and living within ordinary moral and ethical commandments of organized religion This book provides techniques to consciously identify negative thinking obsessions ruminations and mental spinning and then consciously snap the mind back to be in the moment and on task and in positive territory This book employs meditation techniques to enable a person to integrate more fully with his or her higher self and inner child to reach and maintain a state of balance love happiness and serenity It also provides techniques to stop impulsive and negative reaction to stressors that create negative energy and deplete vital life force energy This ensures that our emotions thoughts and actions will minimize our production of harmful negative energy In the end depression and other mood disorders result from i the accumulation of negative energy in our auras charkas and energy system that manifests itself as shadows and blockages in our energy system and ii the depletion of our vital life force energy Negative energy that is stored in our energy systems makes it impossible for us to draw and use positive healing energy to cure depression and other mood disorders It is also our bombardment by and reaction to negative energy and stressors and our attachment to negative memories thoughts emotions and people that cause the depletion of our vital life force energy The techniques in this book teach us to sever unwanted attachments to painful emotions thoughts and memories and negative people to bolster our energy systems The techniques in this book teach us to end the mental spinning and obsessive thought patterns and ruminations that drain us of vital life force energy and bombard us with negative energy The techniques in this book teach us how to cleanse and fortify our energy systems so they will be able to easily draw process and distribute positive healing energy The techniques in this book teach us how to repel negative energy and prevent energy drainage caused by negative toxic people and unconscious and inten

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