

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.



How To Use Sleep Hygiene Tips Tips For Experts

Thomas Griffiths



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Table of Contents How To Use Sleep Hygiene Tips Tips For Experts

1. Understanding the eBook How To Use Sleep Hygiene Tips Tips For Experts
 - The Rise of Digital Reading How To Use Sleep Hygiene Tips Tips For Experts
 - Advantages of eBooks Over Traditional Books
2. Identifying How To Use Sleep Hygiene Tips Tips For Experts
 - 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 How To Use Sleep Hygiene Tips Tips For Experts
 - User-Friendly Interface
4. Exploring eBook Recommendations from How To Use Sleep Hygiene Tips Tips For Experts
 - Personalized Recommendations
 - How To Use Sleep Hygiene Tips Tips For Experts User Reviews and Ratings

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