

Tips for positive sleep hygiene



Regularity: To train your body into a regular rhythm, go to bed and get up at the same time every day - even on weekends!



Avoid caffeine before bed: coffee, tea, cola drinks and even chocolate are all stimulants that interfere with the ability to fall asleep.



Bathtime: a hot bath 1-2 hours before bed can be helpful in raising your body temperature, causing you to feel sleepy as it lowers again.



Exercise: Regular exercise is a good idea to help with sleep but try not to do strenuous exercise in the four hours before bed time.



Natural light: Getting as much daylight as possible helps the body to produce melatonin, a natural hormone that promotes sleep.

Sleep when sleepy: Only try to sleep when you actually feel tired, rather than spending too much time lying awake in bed.



No naps!: Try to avoid taking naps throughout the day to ensure you are tired at bedtime.



Sleep diary: Use a written sleep diary or an app to monitor your sleep; you might be able to identify patterns and what helps



Eat right: A healthy balanced diet will help you sleep well, but timing is important - a heavy meal soon before bed can interrupt sleep.



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TD Snyder



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Mindful Moments: A Beginner's Guide to Stress Reduction and Relaxation James Roney,2026-02-05 Discover effective stress relief through mindfulness breathwork yoga and relaxation techniques This comprehensive guide explains the nature of stress its impact on mental and physical health and how to recognize your triggers Learn beginner friendly practices such as meditation guided imagery and mindful activities to cultivate emotional balance and resilience Designed for busy professionals students parents and anyone seeking holistic wellness this book offers practical tools to reduce anxiety improve sleep and foster personal growth empowering you to lead a calmer more balanced life [Beginner's Guide to Mediumship](#) Larry Dreller,2002-04-15 A thought provoking look at the eternal question Is there life after death Author Larry Dreller holds degrees in education and history and has extensive experience in psychology and counseling Dreller also has led seance study circle groups for years and approaches the subject of spiritualism in a rational manner providing compelling validity for mediumship as a spiritual path [Destiny's Warriors The Beginning](#) R. M. PUTNAM,2011-01-24 Destiny s Warriors The Beginning by R M Putnam and M W Valadez is an epic fantasy tale submersing its readers in a world of might magic mystery and myth Passions run high in this grand literary opus In Destiny s Warriors The Beginning the reader is privy to a world where Gods demand bloody human sacrifices and mortal man is forced to appease the powers that rule over them It is a world where lovers fall victim to their lust and mighty heroes face unspeakable terrors created by their own hearts All of this is set against the backdrop of an ancient prophesy foretelling of great and terrifying events that will change the world of Gods and Men forever A tale of betrayal murderous plots rivalry and forbidden love as guided by the hand of Destiny What results is an exhilarating journey into the dark Underworld whereupon the heroes face the Lord of Evil and his henchmen This tale inspires its readers to empathize with the characters while they try to survive in an ancient harsh world of magic horrific monsters and the brutality of war **The Beginning of the End** WT Cammer,2024-11-04 I chose to lay in the bed that I made but you shall only have to look within the elegant heart in which I leave behind for the answer you seek It s the year 2042 Times are harsh cities are being destroyed innocent lives are taken and a corrupt government is at the center of it all and Emma is the only one who can step up to the plate teach what she has learned from her ex colonel father train people in the old ways and create an army of Rebels to protect their species and homeland The Beginning of The End takes you on a whirlwind journey and with a leader whose skills in survival tactics self defense and sword and blade fighting are second to none surely nothing will stand in her way of victory About the Author Cammer is a construction worker who wrote poetry to pass the time during turnarounds and began to think of ways to reach more folks other than by poetry **Easy Affordable Raw** Lisa Viger,2014-08-01 Easy Affordable Raw kickstarts your raw food lifestyle with everything that you need to know How do I organize my kitchen What kind of ingredients should I buy Pie for breakfast Lisa Viger author and raw food expert easily breaks down the raw food lifestyle including health and environmental benefits of a raw food diet She also answers

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