

# 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.



# Top Method For Sleep Hygiene Tips Usa 545

**JL Elias**



## **Top Method For Sleep Hygiene Tips Usa 545:**

**Evidence-Based Geriatric Nursing Protocols for Best Practice** Marie Boltz, Marie P. Boltz, Elizabeth Capezuti, DeAnne Zwicker, Terry T. Fulmer, 2020-03-31 Note to Readers Publisher does not guarantee quality or access to any included digital components if book is purchased through a third party seller AJN Book of the Year 2016 First Place Winner in Gerontological Nursing The evidence based protocols are designed as a primary reference and are useful substantive and timely The broader contributions of useful format and succinct review of the evidence make it likely that this text will continue to be the leading resource in nursing education and practice The Gerontologist As a gerontological clinical educator research nurse I will often use this as a reference The format and the content are good and the explanations of how to best use the evidence simplify the process of sifting through mountains of information to figure the best practice Score 97 Doody's The newest edition of this distinguished reference in geriatric nursing delivers updated guidelines new illustrative case studies and the latest evidence based protocols developed by leading researchers educators and practitioners in each topic area The sixth edition includes new approaches devoted to supporting LGBTQ elders persons living with dementia and their families and older adults living with HIV New operational strategies provide guidance in using the electronic health record implementing improved person centered care approaches and maintaining age friendly atmospheres Using evidence derived from all levels of care this text offers developed guidelines for improving both quality and outcomes when caring for older adults in multiple disciplines including interprofessional team members long term care and other staff educators social workers dietitians and physicians Chapters provide assessment and management principles clinical interventions specialty practice and models of care They consistently feature chapter objectives annotated references evidence ratings for each protocol and resources for further investigation Each protocol is embedded within the chapter content to provide context and detailed evidence The protocols consistently include an overview evidence based assessment intervention strategies and a supporting case study with discussion PowerPoint presentations and a test bank are available as instructor's resources New Chapters Informational Technology Embedding CPGs Organizational Approaches to Promote Person Centered Care Environmental Approaches to Support Aging Friendly Care HIV Prevention and Care for the Older Adult LGBTQ Perspectives Key Features Best practices for in patient in home and long term care settings Case studies with discussions in each chapter to illustrate application of clinical practice and related Nursing Standard of Practice Protocol The AGREE systematic method was used to evaluate each protocol and validate this book's content Instructor's resources including PowerPoints and a Test Bank Purchase includes digital access for use on most mobile devices and computers [United States Educational, Scientific and Cultural Motion Pictures and Filmstrips ...](#) U.S. National Commission for UNESCO. Panel on Educational Films, 1954 **New York Magazine**, 1994-10-24 New York magazine was born in 1968 after a run as an insert of the New York Herald Tribune and quickly made a place for itself as the trusted resource for readers across the country With award

winning writing and photography covering everything from politics and food to theater and fashion the magazine s consistent mission has been to reflect back to its audience the energy and excitement of the city itself while celebrating New York as both a place and an idea Puck ,1892 **Monthly Catalog of United States Government Publications** United States. Superintendent of Documents,1993 February issue includes Appendix entitled Directory of United States Government periodicals and subscription publications September issue includes List of depository libraries June and December issues include semiannual index Health Promotion Throughout the Life Span Carole Lium Edelman,Carol Lynn Mandle,Elizabeth C. Kudzma,2013-01-01 Up to date and easy to read this textbook provides comprehensive coverage of all major concepts of health promotion and disease prevention It highlights growth and development throughout the life span emphasizing normal development as well as the specific problems and health promotion issues common to each stage All population groups are addressed with separate chapters for individuals families and communities Provided by publisher **The United States Army and Navy Journal and Gazette of the Regular and Volunteer Forces** ,1877 **New York Magazine** ,1980-05-12 New York magazine was born in 1968 after a run as an insert of the New York Herald Tribune and quickly made a place for itself as the trusted resource for readers across the country With award winning writing and photography covering everything from politics and food to theater and fashion the magazine s consistent mission has been to reflect back to its audience the energy and excitement of the city itself while celebrating New York as both a place and an idea The Freeman Francis Neilson,Albert Jay Nock,1923 Nature Magazine ,1930 An illustrated monthly with popular articles about nature *New York Magazine* ,1995-05-29 New York magazine was born in 1968 after a run as an insert of the New York Herald Tribune and quickly made a place for itself as the trusted resource for readers across the country With award winning writing and photography covering everything from politics and food to theater and fashion the magazine s consistent mission has been to reflect back to its audience the energy and excitement of the city itself while celebrating New York as both a place and an idea *America* ,1922 The Jesuit review of faith and culture Nov 13 2017 **Journal of the American Dietetic Association** ,1997 The Citizens Bulletin ,1913 Farm Journal ,1906 *Sunday School Times* ,1888 *Michigan Christian Advocate* ,1893 **Normal Instructor and Teachers World** ,1930 The Ladies' World ,1896 *Health Promotion Throughout the Life Span - E-Book* Carole Lium Edelman,Elizabeth Connelly Kudzma,Carol Lynn Mandle,2013-10-01 With the advent of health care reform and an emphasis on reducing health care costs health promotion and disease prevention is a priority in nursing care Be prepared with *Health Promotion Throughout the Life Span 8th Edition* your comprehensive guide to major health promotion concepts Featuring practical guidance including boxes on diversity awareness evidence based practice innovative practice hot topics and quality and safety as well as case studies and care plans our experienced authors give you all the tools you need to stay current on the latest research and trends in health promotion Extensive coverage of growth and development throughout the lifespan emphasizes the unique problems and

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