

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.



Why Sleep Hygiene Tips Usa For Experts 803

Huangqi Zhang



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An Occupational Therapist's Guide to Sleep and Sleep Problems Andrew Green, Cary Brown, 2015-02-21 Written by and for occupational therapists this comprehensive book is the ultimate guide to sleep and sleep disorders With detailed explanations of sleep theory and research and recommendations for interventions this book contains everything that occupational therapists need to know for effective treatment for patients with sleep problems *Foundations of Nursing* Barbara Lauritsen Christensen, Elaine Oden Kockrow, 2006 Accompanying interactive CD ROM contains an audio pronunciation guide NCLEX style questions critical thinking review animat **Current Pediatric Therapy** Fredric David Burg, Julie R. Ingelfinger, Anne A. Gershon, 2006 Generations of practitioners have turned to this reference for the most recent advances in therapeutic care including medical and surgical therapies preventive medicine adolescent gynecology and behavioral issues This 18th edition includes access to a Web site for convenient consultation wherever and whenever it is needed *Clinical Handbook of Transcultural Infant Mental Health* J. Martin Maldonado-Duran, Andrés Jiménez-Gómez, Maria X. Maldonado-Morales, Felipe Lecannelier, 2019-09-24 This handbook provides a review of relevant topics concerning the interface between culture and mental health with a particular focus on child rearing practices and transcultural issues in the perinatal period infancy and early childhood It discusses how to work with infants and families from diverse backgrounds and addresses the most common issues that medical and mental health experts may encounter when working with individuals from other cultures Chapters examine the considerable range of child rearing strategies and how families from various cultural groups approach issues such as infant sleep feeding practices and care during pregnancy In addition chapters address conditions that are seen mostly within a particular sociocultural context and are culture bound syndromes or states The handbook concludes with the editors recommendations for future research directions Topics featured in this handbook include Prejudice discrimination and stereotyping within the clinical field Cultural responses to infant crying and irritability Cultural issues in response to chronic conditions and malformations in infancy The healthy immigrant effect The use of folk and traditionally therapeutic remedies The Clinical Handbook of Transcultural Infant Mental Health is an essential resource for researchers clinicians and related professionals and graduate students in infancy and early child development child and school psychology pediatrics social work obstetrics and nursing [Minneapolis Star and Tribune Index](#), 1986 **Community/Public Health Nursing Practice** Frances A. Maurer, Claudia M. Smith, 2012-10-01 Focusing on practical need to know information Community Public Health Nursing Practice helps you learn how to apply the nursing process at the community and family level It features an engaging easy to understand writing style as well as assessment tools detailed case studies and clinical examples that demonstrate how key concepts apply to real world practice Additional resources on the companion Evolve website expand and enhance content within the text Practical features including Case Studies Ethics in Practice and The Nursing Process in Practice illustrate real world applications of key

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