

SLEEP HYGIENE CHECKLIST

Want deeper sleep? Who doesn't?!

Use this sleep hygiene checklist to re-enforce healthy habits that help you sleep better at night.

30 tips to help you sleep like a baby!

- 1 20-minute naps only**
Short power naps can increase your alertness and improve your mood, while long naps can interfere with your normal sleep cycle.
- 
- 2 Avoid napping if you can**
If you didn't get enough sleep last night, it may be better to avoid napping completely so it doesn't upset your normal sleeping schedule.
- 3 Go to bed at the same time**
Sticking to a regular schedule is the key to cultivating healthy sleep habits.
- 4 Get up at the same time**
See above ;)
- 5 Get Vitamin D from the morning sun**
Bask in some natural sunlight first thing in the morning to wake yourself up!
- 
- 6 Can't fall asleep? Go do something**
If 20 minutes pass by and you're still awake, get up and do some light activity (like reading or meditating).
- 7 Don't work in bed**
Use your bed strictly for sleeping, and not working or eating!
- 8 Invest in a good mattress**
This one's a no-brainer. If you need help in choosing one, check out sleepsavvy.com.
- 9 Pair your bed with fresh bedding**
Clean, crisp sheets. Don't we all sleep better on a pile of freshness?

- 10 Say NO alcohol, caffeine and nicotine**
Ditch the booze. At least 4-6 hours before bed. We all know these are stimulants!
- 11 Eat healthy and on time**
Keeping to consistent meal times means that our bodies know when to rest and when to digest. Try not to throw it off schedule.
- 12 Avoid eating before bed**
If your body is working overtime when it should be resting, you probably won't sleep like a baby.
- 13 No water right before bed**
Don't want multiple midnight pee breaks? Don't drink too much water and empty out your bladder before bed.
- 14 Exercise daily**
Unleash all your excess energy in the gym, so you can fully recharge at night.
- 
- 15 Avoid exercising at night**
The best time to work out is first thing in the morning, but if you can only go at night, do it at least 2-4 hours before bed.
- 16 Follow an evening ritual**
How you end your day is important too - consider stretching or meditating an hour before bed.
- 17 Take a hot bath**
Relax your mind, relax your body and welcome sleep.
- 18 Keep eyes off the clock**
It causes more anxiety than not, especially when you wake up in the middle of the night. So don't check the time!
- 19 Stay away from screens**
Blue light from our smart devices keeps us awake later, so practice being 'tech-free' at least 2H before bed.



Quick Sleep Hygiene Tips Full Tutorial

Simeon Margolis



Quick Sleep Hygiene Tips Full Tutorial:

The book delves into Quick Sleep Hygiene Tips Full Tutorial. Quick Sleep Hygiene Tips Full Tutorial is a crucial topic that needs to be grasped by everyone, from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Quick Sleep Hygiene Tips Full Tutorial, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:
 - Chapter 1: Introduction to Quick Sleep Hygiene Tips Full Tutorial
 - Chapter 2: Essential Elements of Quick Sleep Hygiene Tips Full Tutorial
 - Chapter 3: Quick Sleep Hygiene Tips Full Tutorial in Everyday Life
 - Chapter 4: Quick Sleep Hygiene Tips Full Tutorial in Specific Contexts
 - Chapter 5: Conclusion
 2. In chapter 1, the author will provide an overview of Quick Sleep Hygiene Tips Full Tutorial. The first chapter will explore what Quick Sleep Hygiene Tips Full Tutorial is, why Quick Sleep Hygiene Tips Full Tutorial is vital, and how to effectively learn about Quick Sleep Hygiene Tips Full Tutorial.
 3. In chapter 2, this book will delve into the foundational concepts of Quick Sleep Hygiene Tips Full Tutorial. The second chapter will elucidate the essential principles that need to be understood to grasp Quick Sleep Hygiene Tips Full Tutorial in its entirety.
 4. In chapter 3, this book will examine the practical applications of Quick Sleep Hygiene Tips Full Tutorial in daily life. The third chapter will showcase real-world examples of how Quick Sleep Hygiene Tips Full Tutorial can be effectively utilized in everyday scenarios.
 5. In chapter 4, this book will scrutinize the relevance of Quick Sleep Hygiene Tips Full Tutorial in specific contexts. This chapter will explore how Quick Sleep Hygiene Tips Full Tutorial is applied in specialized fields, such as education, business, and technology.
 6. In chapter 5, the author will draw a conclusion about Quick Sleep Hygiene Tips Full Tutorial. This chapter will summarize the key points that have been discussed throughout the book.
- The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Quick Sleep Hygiene Tips Full Tutorial.

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