

Sleep hygiene



Sleep hygiene refers to good sleep habits. The following are some ways of establishing and maintaining healthy sleep routines, and can provide long-term solutions to sleep difficulties:

Routines

Teach your body to get ready for sleep

- Go to bed and get up at regular times
- Develop a personal, relaxing, pre-bed routine e.g. stretching or breathing exercises
- A hot bath 1-2 hours before bed or a warm glass of milk can help
- Teach your body to link 'bed' with 'sleeping' - avoid using the bed to eat, work, read, or use electronic devices



Environment

Are your surroundings suitable for sleep?

- A cooler room with enough blankets for warmth is best
- Use heavy curtains/blinds, an eyemask and/or earplugs to block out light and noise



Diet, exercise and napping

What you do in the day impacts your sleep at night

- Avoid naps, or restrict naps to less than 1 hour before 3pm
- Avoid caffeine, nicotine, and alcohol at least 4-6 hours before bed
- Avoid looking at bright screens (e.g. phone, tablet) 2-3 hours before bed
- Exercise regularly but avoid strenuous exercise within 4 hours of bedtime
- Maintain a balanced diet but avoid a large meal soon before bed



Reactions

How we respond to poor night's sleep can help make or break a poor sleep cycle

- If you can't fall asleep after about 20 minutes, get up, do a calm or boring activity until you feel sleepy, then return to bed
- Avoid frequently checking the clock at night
- Try to do everything you had planned for the day, even if you slept poorly the night before



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Virginia Saba, Kathleen A. McCormick

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Table of Contents Simple Sleep Hygiene Tips Online For Beginners

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

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