

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.



What Is Sleep Hygiene Tips Online For Beginners

Daniela Niemeyer



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Bringing the Neuroscience of Learning to Online Teaching Tracey Tokuhama-Espinosa, 2021 This practical resource draws on the best of neuroscience to inform decision making about digital learning We live in unprecedented times that have pushed schools to make many decisions that have been postponed for years For the first time since the inception of public education teachers have been invited to redesign the learning landscape by integrating an intelligent selection of digital educational resources and changing pedagogical approaches based on information from the learning sciences This handbook will help teachers make the most of this opportunity by showing them how to use digital tools to differentiate learning employ alternative options to standardized testing personalize learning prioritize social emotional skills and inspire students to think more critically The author identifies some gems in quality teaching that are amplified in online contexts including 40 evidence informed pedagogies from the learning sciences This book will help all educators move online teaching and learning to new levels of confidence and success Book Features Provides quick references to key planning tools like decision trees graphics app recommendations and step by step directions to help teachers create their own online learning courses Guides teachers through a 12 step model for instructional design that meets both national and international standards Shows educators how to use an all new Digital Resource Taxonomy to select resources and how to research and keep them up to date Explains why good instructional design and educational technology are complementary with best practices in learning sciences like Mind Brain and Education Science Shares ways teachers can leverage technology to create more time for the personalized aspects of learning Shows educators how to design online courses with tools that let all students begin at their own starting points and how to differentiate homework Offers evidence informed pedagogies to make online intimate and authentic for students

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Psychosocial Considerations in Pediatric Kidney Conditions Anne E. Dawson, Kaushalendra Amatya, Victoria F. Norwood, 2024-12-03 This book explores the psychosocial impacts of the kidney disease process and treatments on pediatric patients including child development schooling coping and resilience Chronic illnesses and invasive treatments can be particularly impactful on children s development and identity formation and a multidisciplinary treatment model that takes psychosocial considerations into account is imperative for patients overall wellbeing This book covers both specific disease related concerns including dialysis transplantation and nutrition and broader issues such as collaborating with schools supporting families advocacy and the transition to adult healthcare Written by experts in a rapidly developing area this book is an excellent resource for all people impacted by and involved in caring for pediatric kidney diseases including practicing nephrologists and nephrologists in training as well as psychosocial providers serving nephrology patients and even families and patients themselves

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