

# 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



# Quick Sleep Hygiene Tips For Beginners

**Yijin Wang**



## **Quick Sleep Hygiene Tips For Beginners:**

This book delves into Quick Sleep Hygiene Tips For Beginners. Quick Sleep Hygiene Tips For Beginners is a crucial topic that needs to be grasped by everyone, ranging from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Quick Sleep Hygiene Tips For Beginners, 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 For Beginners
- Chapter 2: Essential Elements of Quick Sleep Hygiene Tips For Beginners
- Chapter 3: Quick Sleep Hygiene Tips For Beginners in Everyday Life
- Chapter 4: Quick Sleep Hygiene Tips For Beginners in Specific Contexts
- Chapter 5: Conclusion

2. In chapter 1, this book will provide an overview of Quick Sleep Hygiene Tips For Beginners. This chapter will explore what Quick Sleep Hygiene Tips For Beginners is, why Quick Sleep Hygiene Tips For Beginners is vital, and how to effectively learn about Quick Sleep Hygiene Tips For Beginners.

3. In chapter 2, the author will delve into the foundational concepts of Quick Sleep Hygiene Tips For Beginners. The second chapter will elucidate the essential principles that need to be understood to grasp Quick Sleep Hygiene Tips For Beginners in its entirety.

4. In chapter 3, the author will examine the practical applications of Quick Sleep Hygiene Tips For Beginners in daily life. The third chapter will showcase real-world examples of how Quick Sleep Hygiene Tips For Beginners can be effectively utilized in everyday scenarios.

5. In chapter 4, this book will scrutinize the relevance of Quick Sleep Hygiene Tips For Beginners in specific contexts. The fourth chapter will explore how Quick Sleep Hygiene Tips For Beginners is applied in specialized fields, such as education, business, and technology.

6. In chapter 5, this book will draw a conclusion about Quick Sleep Hygiene Tips For Beginners. 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. It is highly recommended for anyone seeking to gain a comprehensive understanding of Quick Sleep Hygiene Tips For Beginners.

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