

# SLEEP HYGIENE

FIVE EFFECTIVE TIPS TO ESTABLISH HEALTHY SLEEPING HABITS

## AVOID CAFFEINE DURING THE DAY



AVOID BEVERAGES SUCH AS COFFEE, SODA, AND CAFFEINATED TEA

## EXERCISE REGULARLY



EXERCISING CONSISTENTLY CAN HELP REGULATE YOUR SLEEP CYCLE

## SETTLE DOWN WITH A BEDTIME ROUTINE

DO THE SAME THINGS IN THE SAME ORDER EVERY NIGHT BEFORE BED. SUCH AS CHANGE INTO PAJAMAS, BRUSH YOUR TEETH, DO YOUR SKINCARE, ETC.



## BE CONSISTENT WITH YOUR SLEEP SCHEDULE

GO TO SLEEP AND WAKE UP AT THE SAME TIME EVERY DAY



## UNPLUG AN HOUR BEFORE BED.

INSTEAD OF GOING ON YOUR PHONE, READ A BOOK BEFORE BED TO AVOID EYE STRAIN AND PROMOTE A HEALTHIER SLEEP CYCLE



## CREATE A SOOTHING AMBIENCE IN YOUR ROOM

TURN ON A RED LIGHT, BURN A CANDLE, DIFFUSE LAVENDER OIL, ETC.



## DON'T EAT TOO CLOSE TO BEDTIME

EATING DIRECTLY BEFORE YOU SLEEP CAN NEGATIVELY AFFECT YOUR SLEEP AND DIGESTIVE SYSTEM



# Quick Sleep Hygiene Tips For Moms

**J Spring**



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

Delve into the emotional tapestry woven by in Experience **Quick Sleep Hygiene Tips For Moms** . This ebook, available for download in a PDF format ( Download in PDF: \*), is more than just words on a page; itis a journey of connection and profound emotion. Immerse yourself in narratives that tug at your heartstrings. Download now to experience the pulse of each page and let your emotions run wild.

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