

# HEALTHY SLEEP HABITS



Improve your sleep with some positive lifestyle changes and consistent sleep habits

## 1 REGULAR SLEEP SCHEDULE

Try to maintain a consistent sleep pattern 7 days a week. Getting up at the same time every day can help.



## 2 RELAXING BEDTIME ROUTINE

Spend time before bed relaxing: read a book, meditate, stretch, do yoga, have a shower or bath. Avoid difficult conversations, activities or work.



## 3 AVOID STIMULANTS

Don't drink caffeine, sugary or energy drinks in the evening. Avoid nicotine before bed. Only drink alcohol in moderation at night, if at all.



## 4 GOOD SLEEP ENVIRONMENT

Keep your bedroom clean, tidy and comfortable. Use a quality mattress and bedding. Keep the bedroom aired, and a temperature between 60 -70 °F (17-21 °C)



## 5 BLOCK OUT NOISE AND LIGHT

Make sure the bedroom is dark and quiet. Use blackout curtains or a sleep mask. Use earplugs, white noise, a fan or music to mask external noise.



## 6 ONLY SLEEP AND INTIMACY

Only use the bed for sleep and intimacy with a partner. Avoid watching TV or using other devices in bed. That will help associate the bed with sleep.



## 7 EXERCISE AND DAYLIGHT

Try to do regular exercise, but not too intense before bedtime. Spend time outside in the daylight. Even a short walk during the day can improve sleep.



## 8 EAT WELL

Try to eat a balanced, healthy diet. Avoid heavy, fatty, fried or spicy food late in the evening if you get indigestion. Bananas, yogurt or healthy cereal are good bedtime snacks.



# Top Sleep Hygiene Tips For Students

**Cleveland (Ohio). Board of Education**

## Top Sleep Hygiene Tips For Students:

*Sleeping Your Way to the Top* Terry Cralle, W. David Brown, William Cane, 2016-04-05 Many people today believe that the less sleep you get the more productive you are But two nationally recognized experts are here to debunk that myth and show that sufficient sleep and success go hand in hand A groundbreaking collaboration between certified clinical sleep educator Terry Cralle RN and sleep psychologist W David Brown PhD *Sleeping Your Way to the Top* presents the ultimate wake up call for ambitious people who wish to achieve maximum performance Based on compelling new research it provides the latest clinically proven techniques for getting quality rest achieving maximum productivity and overcoming common sleep impediments to enhance your career Featuring sidebars charts and illustrations this book finally takes the stigma out of sleep

*Sleep Health and Measures* Runtang Meng, Haiyan Ma, Joseph Michael Dzierzewski, Karen Spruyt, Esther Yuet Ying Lau, 2024-09-26 **Guide for a Health Program** Jessie I. Lummis, Williedell Schawe, 1929 [Health Promotion Throughout the Life Span - E-Book](#) Carole Edelman, Elizabeth C. Kudzma, 2021-11-12 [Health Promotion Throughout the Life Span E Book](#) **Canadian Public Health Journal**, 1929 **The Children's Hospital Guide To Your Child's Health And Development** Children's Hospital, 2001-01-17 Based on the research and clinical experience of America s leading children s hospital this reference work several years in the making is the most complete and authoritative guide to child health and development ever published Three essential parts form this unique work a detailed account of all aspects of normal development from birth through the school years a carefully designed emergency section and a comprehensive guide to every common illness or condition that affects children For the first time a single work offers parents all the medical psychological and practical information they need to raise healthy children from birth through elementary school Packed full of information on symptoms causes diagnosis treatment and prevention vital up to date advice for choosing medical care and insurance and finding good childcare the Children s Hospital Guide includes the charts of normal development at all ages and a comprehensive resource section *Cassell's household guide* Cassell, ltd, 1873 **A Practical Guide to Health, and to the Home Treatment of the Common Ailments of Life** Frederic Arnold Lees, 1874 [Searchlights on Health](#) Benjamin Grant Jefferis, James Lawrence Nichols, 1921 **The New Teen Age** Ginni Mansberg, Jo Lamble, 2021-06-01 The GP and the psychologist combine forces to share evidence based strategies for raising today s tweens and teens to feel confident and strong Why are today s parents feeling like failures worried that their teens will go off the rails won t get through school won t find a job or will be overwhelmed by stress With so many experts out there offering conflicting advice how do parents know where to turn and who to trust As both clinicians and parents Dr Ginni Mansberg and clinical psychologist Jo Lamble know first hand how challenging it can be to raise adolescents In THE NEW TEEN AGE they team up to address both the physical and psychological issues faced by teens in this new age of social media and 24 hour devices equipping parents and carers with sound strategies for navigating everything from parent child tensions and peer pressure online and in the schoolyard to

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## **Table of Contents Top Sleep Hygiene Tips For Students**

1. Understanding the eBook Top Sleep Hygiene Tips For Students
  - The Rise of Digital Reading Top Sleep Hygiene Tips For Students
  - Advantages of eBooks Over Traditional Books
2. Identifying Top Sleep Hygiene Tips For Students
  - 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 an Top Sleep Hygiene Tips For Students
  - User-Friendly Interface
4. Exploring eBook Recommendations from Top Sleep Hygiene Tips For Students
  - Personalized Recommendations
  - Top Sleep Hygiene Tips For Students User Reviews and Ratings
  - Top Sleep Hygiene Tips For Students and Bestseller Lists

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