

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.



Advanced Sleep Hygiene Tips Guide For Experts

**Jeffrey B. Halter, Joseph G.
Ouslander, Stephanie Studenski, Kevin
P. High, Sanjay Asthana, Mark A.
Supiano, Christine S. Ritchie, Kenneth
Schmader**

Advanced Sleep Hygiene Tips Guide For Experts:

Whispering the Strategies of Language: An Psychological Quest through **Advanced Sleep Hygiene Tips Guide For Experts**

In a digitally-driven world where displays reign great and immediate transmission drowns out the subtleties of language, the profound strategies and emotional subtleties concealed within words often move unheard. Yet, nestled within the pages of **Advanced Sleep Hygiene Tips Guide For Experts** a captivating fictional prize pulsing with organic feelings, lies an exceptional quest waiting to be undertaken. Penned by an experienced wordsmith, this charming opus attracts readers on an introspective journey, lightly unraveling the veiled truths and profound affect resonating within the very fabric of every word. Within the psychological depths of the emotional review, we shall embark upon a honest exploration of the book is core subjects, dissect its captivating publishing fashion, and fail to the strong resonance it evokes deep within the recesses of readers hearts.

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