

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.



Pro Sleep Hygiene Tips Tips For Beginners

Anthony S. Fauci



Pro Sleep Hygiene Tips Tips For Beginners:

Unveiling the Power of Verbal Artistry: An Emotional Sojourn through **Pro Sleep Hygiene Tips Tips For Beginners**

In a world inundated with monitors and the cacophony of quick transmission, the profound energy and psychological resonance of verbal beauty usually diminish into obscurity, eclipsed by the regular barrage of sound and distractions. Yet, nestled within the lyrical pages of **Pro Sleep Hygiene Tips Tips For Beginners**, a charming function of literary beauty that pulses with fresh thoughts, lies an memorable journey waiting to be embarked upon. Published by way of a virtuoso wordsmith, this interesting opus instructions visitors on an emotional odyssey, lightly revealing the latent potential and profound affect embedded within the intricate internet of language. Within the heart-wrenching expanse of this evocative analysis, we will embark upon an introspective exploration of the book is central styles, dissect their captivating writing fashion, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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