

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.



Affordable Sleep Hygiene Tips Guide For Beginners

World Health Organization



Affordable Sleep Hygiene Tips Guide For Beginners:

Competency and outcomes framework for adolescent health and well-being World Health

Organization,2025-10-29 This document describes health workers competencies and behaviours necessary to advance universal health coverage for the world s adolescents The framework proposes an adolescent specific adaptation of the 24 competencies set out in the Global Competency and Outcomes Framework for Universal Health Coverage 2022 organized into six domains The document also provides illustrations of how these competencies should be applied to specific concerns of adolescent health care such as growth and development mental health and sexual and reproductive health This guidance can serve as a reference for curriculum content and assessable outcomes specific to adolescent health and development As such it will help to better align health worker education and performance with adolescent health needs

An Annotated Guide to Free and Inexpensive Health Instruction Materials John R. LeFevre,Donald N. Boydston,1959

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exercise routines and calm your nervous system without medication Improve your sleep naturally and strengthen your immune defenses through mindful lifestyle choices that anyone can integrate into their daily routine What sets this book apart is its practical approach this isn't about drastic changes that overwhelm you Instead it offers thoughtful steps to build lasting habits overcome setbacks and customize your wellness plan to fit your unique needs Accompanied by inspiring success stories and tips for navigating challenges it empowers you with the confidence to lead your health journey with intention and clarity Whether you're fed up with the endless cycle of prescriptions curious about natural alternatives or simply ready to invest in your long term vitality this book offers a compassionate roadmap It encourages a positive mindset supports self advocacy and reveals how even small changes can yield profound results Step into a lifestyle where health freedom is real and it starts with five simple natural hacks that put you back in the driver's seat

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Bluebook of Free and Inexpensive Resources for Religious, Character, and Citizenship Education Calloway S. Crews,1960

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