

Sleep hygiene



Sleep hygiene refers to good sleep habits. The following are some ways of establishing and maintaining healthy sleep routines, and can provide long-term solutions to sleep difficulties:

Routines

Teach your body to get ready for sleep

- Go to bed and get up at regular times
- Develop a personal, relaxing, pre-bed routine e.g. stretching or breathing exercises
- A hot bath 1-2 hours before bed or a warm glass of milk can help
- Teach your body to link 'bed' with 'sleeping' - avoid using the bed to eat, work, read, or use electronic devices



Environment

Are your surroundings suitable for sleep?

- A cooler room with enough blankets for warmth is best
- Use heavy curtains/blinds, an eyemask and/or earplugs to block out light and noise



Diet, exercise and napping

What you do in the day impacts your sleep at night

- Avoid naps, or restrict naps to less than 1 hour before 3pm
- Avoid caffeine, nicotine, and alcohol at least 4-6 hours before bed
- Avoid looking at bright screens (e.g. phone, tablet) 2-3 hours before bed
- Exercise regularly but avoid strenuous exercise within 4 hours of bedtime
- Maintain a balanced diet but avoid a large meal soon before bed



Reactions

How we respond to poor night's sleep can help make or break a poor sleep cycle

- If you can't fall asleep after about 20 minutes, get up, do a calm or boring activity until you feel sleepy, then return to bed
- Avoid frequently checking the clock at night
- Try to do everything you had planned for the day, even if you slept poorly the night before



Affordable Sleep Hygiene Tips For Beginners

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The book delves into Affordable Sleep Hygiene Tips For Beginners. Affordable Sleep Hygiene Tips For Beginners is a vital topic that needs to be grasped by everyone, ranging from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Affordable Sleep Hygiene Tips For Beginners, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:
 - Chapter 1: Introduction to Affordable Sleep Hygiene Tips For Beginners
 - Chapter 2: Essential Elements of Affordable Sleep Hygiene Tips For Beginners
 - Chapter 3: Affordable Sleep Hygiene Tips For Beginners in Everyday Life
 - Chapter 4: Affordable Sleep Hygiene Tips For Beginners in Specific Contexts
 - Chapter 5: Conclusion
 2. In chapter 1, the author will provide an overview of Affordable Sleep Hygiene Tips For Beginners. The first chapter will explore what Affordable Sleep Hygiene Tips For Beginners is, why Affordable Sleep Hygiene Tips For Beginners is vital, and how to effectively learn about Affordable Sleep Hygiene Tips For Beginners.
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