

# Your Ultimate Sleep Hygiene Checklist

## Create the Ideal Sleep Environment

1. Keep it cool
2. Embrace the darkness
3. Minimize noise distractions
4. Choose comfort
5. Keep your sleep space tidy and free of distractions

## Establish a Winning Pre-Sleep Routine

1. Power down: avoid screens at least an hour before bedtime to reduce blue light exposure.
2. Calm your mind: Incorporate relaxation techniques like meditation, deep breathing, or gentle stretching to unwind before sleep.
3. Set a schedule: Establish a consistent sleep schedule by going to bed and waking up at the same time every day, even on weekends.
4. Cut the caffeine: Avoid caffeine at least 4-6 hours before bedtime to prevent sleep disruptions.
5. Watch what you eat: Steer clear of heavy or spicy meals close to bedtime, and consider a light, sleep-friendly snack if you're hungry.
6. Dress for success: Slip into comfortable, breathable organic cotton pyjamas for a cozy and relaxing night's rest.

# Ultimate Sleep Hygiene Tips Tips For Experts

**M Woodhall**



## **Ultimate Sleep Hygiene Tips Tips For Experts:**

## **Ultimate Sleep Hygiene Tips Tips For Experts** Book Review: Unveiling the Power of Words

In a global driven by information and connectivity, the power of words has become more evident than ever. They have the capability to inspire, provoke, and ignite change. Such could be the essence of the book **Ultimate Sleep Hygiene Tips Tips For Experts**, a literary masterpiece that delves deep in to the significance of words and their effect on our lives. Compiled by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book is key themes, examine its writing style, and analyze its overall impact on readers.

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