

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.



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Chao Zhang



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How to ADHD Jessica McCabe,2024-01-02 THE NEW YORK TIMES BESTSELLER Jessica McCabe changed my life for the better with her kind bright and thoroughly researched ADHD videos and now with her book she just might change yours too KAT BROWN AUTHOR OF IT S NOT A BLOODY TREND UNDERSTANDING LIFE AS AN ADHD ADULT From the host of the award winning HOW TO ADHD YouTube channel and creator of the Dopamine Menu In *How to ADHD* Jessica McCabe reveals the insights and tools that have changed her life while offering an unflinching look at the realities of every day with ADHD Sharing stories of her struggles with the condition which spiralled as she approached adulthood Jessica offers expert backed guidance for adapting your environment routines and systems to work with the ADHD brain including how to boost your organisational skills and learn why doing more starts with doing less facilitate your focus and fight distractions by decreasing the noise build your time wisdom by planning backwards to prioritise more effectively Presented in an ADHD friendly design and packed with practical advice and tools *How to ADHD* is an affirming warm and helpful guide that will help you recognise your challenges tackle bad brain days and to ultimately be kinder to yourself

Nutraceutical and Functional Food Regulations in the United States and around the World Debasis Bagchi,2019-06-08 *Nutraceutical and Functional Food Regulations in the United States and Around the World* Third Edition addresses the latest regulatory requirements designed to ensure the safe production and delivery of these valuable classes of foods The book is well recognized showing how food and nutrition play a critical role in enhancing human performance and in overall health The book discusses the scope importance and continuing growth opportunities in the nutraceutical and functional food industries exploring the acceptance and demand for these products regulatory hurdles the intricate aspects of manufacturing procedures quality control global regulatory norms and guidelines Contains five new chapters that address regulations in Germany New Zealand Saudi Arabia the United Arab Emirates South Africa and Brazil Argentina and other Southern American Countries Provides foundational regulatory terminology Describes GRAS status and its role in functional food Presents a complete overview of cGMP and GMP Identifies and defines the roles of NSF DSHEA FTC and FDA

Building Resilience in Students Impacted by Adverse Childhood Experiences Victoria E. Romero,Ricky Robertson,Amber Warner,2018-05-22 Use trauma informed strategies to give students the skills and support they need to succeed in school and life Nearly half of all children have been exposed to at least one adverse childhood experience ACE such as poverty divorce neglect homelessness substance abuse domestic violence or parent incarceration These students often enter school with behaviors that don t blend well with the typical school environment How can a school community come together and work as a whole to establish a healthy social emotional climate for students and the staff who support them This workbook style resource shows K 12 educators how to make a whole school change where strategies are integrated from curb to classroom Readers will learn how to integrate trauma informed strategies into daily instructional practice through expanded

focus on The different experiences and unique challenges of students impacted by ACEs in urban suburban and rural schools including suicidal tendencies cyberbullying and drugs Behavior as a form of communication and how to explicitly teach new behaviors How to mitigate trauma and build innate resiliency through a read reflect and respond model Let this book be the tool that helps your teams move students away from the school to prison pipeline and toward a life rich with educational and career choices I cannot think of a book more needed than this one It gives us the tools to support our students who have the most need while practicing the self care necessary to continue to serve them Lydia Adegbola Chair of English Department New Rochelle High School NY This book highlights the impact of trauma on children and the adults who work with them while providing relevant and practical strategies to understand and address it through reflective practices Marine Avagyan Director Curriculum and Instruction Saugus Union School District Sunland CA

Values Information from AI The Values We Share Project, Values information from AI is a collection of information and images of values generated from an AI tool as part of The Values We Share Project to promote values All information in this book can be used to promote values and can be used as material in values formation programs All information in this book will also be used in The Values We Share Project videos materials and courses in the future Visit The Values We Share Project at <http://thevaluesweshare.info>

Hope out of Darkness: A Guide to First Responder Mental Wellness Dena Ali, 2024-11-11 In Hope Out of Darkness A Guide to First Responder Mental Wellness Dena Ali battalion chief with the Raleigh NC Fire Department and sought after speaker delivers a comprehensive exploration of the mental health issues facing first responders Combining powerful personal experience with intensively researched insights and data from subject matter experts Ali dispels mental health myths outlines a range of resources for support and treatment and skillfully employs both her vulnerability and wisdom to offer hope to first responders in need

Environmentally Sustainable Primary Care Matt Sawyer, Mike Tomson, 2024-11-07 This practical guide for primary care provides a context specific introduction to the sustainability challenges associated with good health care delivery and provides easy to implement yet impactful actions that can be taken to reduce and mitigate the impact of primary care on the living world while also looking at the impact of the changing planet on health care that people will encounter The chapters address the following key questions What is the issue What can I do what can my practice do How do my actions help patients practice and planet Included throughout are case studies vignettes and anecdotes of previous successful interventions while a checklist of the most impactful actions for others to follow as supported by the current evidence base provides a convenient summary References and additional resource recommendations give directions for further guidance The book looks at the four pillars of primary care dentistry General Practice optometry and pharmacy and includes international contributions Providing invaluable direction to turn good intentions into meaningful action this book will be invaluable to health professionals and practice managers across all primary care disciplines and to students preparing to enter practice in those fields It will also be of interest to integrated care system administrators and to health policymakers

A Woman's Guide to Sleep Joyce A. Walsleben, Rita Baron-Faust, 2000 Women's sleep problems are different from men's because they have a different biology psychology and sleep patterns

Advice to a Wife on the Management of Her Own Health and on the Treatment of Some of the Complaints Incidental to Pregnancy, Labour, and Suckling Pye Henry Chavasse, 1880

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