

# 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



# Ultimate Sleep Hygiene Tips Explained For Beginners

## 31545

**Davidson Ndueso**



## **Ultimate Sleep Hygiene Tips Explained For Beginners 31545:**

**Forthcoming Books** Rose Army,2000      **The Art of Restful Sleep: Practical Sleep Hygiene Tips** Fingley,2024

Sleep Hygiene Tips Harry Sandor,2021-07-08 Are you getting enough sleep at night Do you have problems falling asleep or staying asleep According to the National Institutes of Health NIH about 1 in 3 American Adults do not get healthy amounts of sleep And stress can make the problem even worse This book is split into four sections covering the most important aspects of sleep hygiene Part I Create a Restful Sleep Environment Part II Follow a Healthy Sleep Routine Part III Eat a Soporific Diet Part IV Implement a Relaxing Bedtime Ritual      *Insomnia Uncovered A Comprehensive Guide to Better Sleep* Willow R. Stone,2023-01-01 Sleep is the reset button for our minds and bodies Insomnia leaves us stuck on repeat *Insomnia Uncovered A Comprehensive Guide to Better Sleep* is the ultimate guide to understanding and overcoming insomnia This comprehensive book covers everything you need to know about insomnia from the science of sleep to sleep hygiene fundamentals diet and nutrition relaxation techniques and sleep aids and medications The book begins with an overview of insomnia including the science of sleep types of insomnia and causes of insomnia Readers will then learn about sleep hygiene fundamentals creating a sleep friendly environment establishing a bedtime routine and reducing screen time before bed *Insomnia Uncovered* also covers diet and nutrition for better sleep sleep promoting foods foods to avoid before bedtime and supplements for sleep Readers will also learn about relaxation techniques including deep breathing exercises progressive muscle relaxation visualization techniques and mindfulness and meditation In addition to these techniques *Insomnia Uncovered* explores cognitive behavioral therapy CBT for insomnia sleep aids and medications natural remedies exercise and sleep managing stress and anxiety sleep disorders sleep tracking and technology bedtime rituals and routines sleep positions and posture sleep and aging sleep and hormones children and sleep napping strategies travel and jet lag and sleep and shift work The book provides tips strategies and techniques for improving sleep in every situation Whether you are a shift worker struggling with sleep a traveler dealing with jet lag or an older adult experiencing sleep changes *Insomnia Uncovered* has the solutions you need to achieve better sleep *Insomnia Uncovered* also emphasizes the importance of maintaining sleep success staying consistent with sleep habits overcoming setbacks and implementing long term sleep improvement strategies Whether you are experiencing occasional sleeplessness or chronic insomnia *Insomnia Uncovered A Comprehensive Guide to Better Sleep* is the perfect guide With clear explanations real world examples and practical tools and techniques this book will help you take control of your sleep and achieve better health and well being Table of Contents Understanding Insomnia The science of sleep Types of insomnia Causes of insomnia Sleep Hygiene Fundamentals Creating a sleep friendly environment Establishing a bedtime routine Reducing screen time before bed Diet and Nutrition for Better Sleep Sleep promoting foods Foods to avoid before bedtime Supplements for sleep Relaxation Techniques Deep breathing exercises Progressive muscle relaxation Visualization techniques Mindfulness and Meditation Introduction to mindfulness Guided

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**Master the Art of Restful Nights** Davidson Ndueso, 2023-07-08 This eBook provides a comprehensive guide to improving your sleep and achieving optimal sleep quality It covers various aspects of sleep starting with the science behind sleep and its importance for overall well being The eBook then delves into creating a sleep conducive environment including tips on lighting noise temperature and comfortable bedding The importance of establishing a relaxing bedtime routine is explored with suggestions for activities such as reading journaling and relaxation techniques The eBook also delves into the role of diet exercise and lifestyle factors in sleep hygiene providing practical tips for incorporating healthy habits into your daily routine Managing stress and anxiety is crucial for better sleep and the eBook offers strategies for identifying and coping with stress as well as relaxation techniques and cognitive behavioral approaches It also provides insights into common sleep issues like insomnia jet lag and restless legs syndrome and suggests troubleshooting strategies for overcoming these challenges Natural remedies and sleep aids such as herbal supplements aromatherapy and white noise are discussed as alternatives to sleep medications The eBook emphasizes the importance of understanding their potential benefits and limitations Lastly the eBook highlights the significance of enhancing the sleep environment by decluttering optimizing lighting managing noise and controlling temperature and air quality It emphasizes that a personalized and comfortable sleep environment plays a crucial role in promoting restful sleep Overall this eBook provides a comprehensive guide to improving sleep quality and offers practical strategies for creating healthy sleep habits managing sleep issues and enhancing the sleep environment By incorporating the tips and techniques

presented in this eBook readers can take steps towards achieving restful and rejuvenating sleep for improved overall well being

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