

# 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.



# Ultimate Sleep Hygiene Tips Explained 3203

**ML Yell**



## **Ultimate Sleep Hygiene Tips Explained 3203:**

Practitioner's Guide to Empirically Supported Measures of Anger, Aggression, and Violence George F Ronan, Laura Dreer, Kimberly Maurelli, Donna Ronan, James Gerhart, 2013-07-26 This book contains three sections Part I includes an introductory chapter and an applied chapter on conducting a risk assessment Part II provides a description of how the measures were organized and quick view tables that provide easy access to measures with enough information to allow for an estimate of the likelihood that reading additional information about a particular measure would prove fruitful Measures are organized alphabetically into tables for measures of anger aggression or violence Each of the tables provides the name of the measure the purpose for which the measure was developed and the targeted population The tables also provide information on the method of assessment the amount of time required to use the measure and the page number where additional information is available Part II also contains the review of each measure Part III provides examples of measures that can be copied for research or clinical purposes

**Advances in Psychiatry and Behavioral Health, Volume 3, E-Book** Deepak Prabhakar, 2023-08-03 Advances in Psychiatry and Behavioral Health reviews the year's most important findings and updates within the field in order to provide psychiatrists and primary care physicians with the current clinical information they need to improve patient outcomes A distinguished editorial board led by Dr Deepak Prabhakar identifies key areas of major progress and controversy and invites preeminent specialists to contribute original articles devoted to these topics These insightful overviews in psychiatry and behavioral health inform and enhance clinical practice by bringing concepts to a clinical level and exploring their everyday impact on patient care Contains 24 articles on such topics as OCD in sport eating disorders in athletes during times of transition treatment of misophonia crisis management in psychiatry physician wellness and more as well as current topics in geriatrics child and adolescent psychiatry women's health psychotherapeutics neurosciences and more Provides in depth clinical reviews in psychiatry and behavioral health providing actionable insights for clinical practice Presents the latest information in the field under the leadership of an experienced editorial team Authors synthesize and distill the latest research and practice guidelines to create these timely topic based reviews

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