

# 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.



# Advanced Sleep Hygiene Tips Guide

**Ying Liu**



## **Advanced Sleep Hygiene Tips Guide:**

*Basic to Advance Parenting guide* Vikash Kumar,2023-11-22 GGKEY F9R7533HSH8 Publisher VKV GROUP Language English File size 1302 KB Approx Text to Speech Not enabled Enhanced typesetting Not Enabled X Ray Not Enabled Word Wise Not Enabled Author VIKASH KUMAR VKV Embark on a transformative parenting odyssey with our comprehensive eBook designed to elevate your skills from fundamental to advanced mastery Whether you re a novice or seasoned parent this guide equips you with practical insights expert advice and evidence based strategies to navigate every stage of your child s development [The Frith Prescribing Guidelines for People with Intellectual Disability](#) Sabyasachi

Bhaumik,Satheesh Kumar Gangadharan,David Branford,Mary Barrett,2015-09-11 [The Frith Prescribing Guidelines for People with Intellectual Disability](#) provides comprehensive guidance on prescribing for patients with intellectual disability as well as general information on the clinical care of this important population The guidelines have been conceived and developed by clinicians working in intellectual disability services They are based on both the latest evidence and expert opinion to provide a consensus approach to prescribing as part of a holistic package of care and include numerous case examples and scenarios New to this third edition is improved coverage of children and the role of primary care teams The Frith Prescribing Guidelines for People with Intellectual Disability remains a practical guide for busy clinicians and a valuable reference for all primary and secondary health care professionals caring for people with intellectual disability *Sleep Deprivation Decoded: Worldwide Strategies, Tips, and Techniques for Better Rest* Enrique G.,2023-06-01 Are you struggling with sleep deprivation Tossing and turning at night only to wake up feeling exhausted and unrefreshed You re not alone Millions of people around the world are in the same boat But it doesn t have to be this way In *Sleep Deprivation Decoded: Worldwide Strategies, Tips and Techniques for Better Rest* we delve deep into the world of sleep science uncovering practical actionable strategies to combat sleep deprivation and improve your sleep quality Drawing from a wealth of global practices this book offers a unique holistic approach to sleep improvement From mindfulness meditation in the East to cutting edge sleep technology in the West we explore a wide range of techniques designed to help you sleep better feel better and live better We also delve into the role of diet exercise and lifestyle in sleep quality offering personalized advice based on individual circumstances Plus we explore the latest research on the role of technology in sleep improvement from sleep tracking devices to AI and machine learning Whether you re a chronic insomniac or just looking to improve your sleep quality this book is your guide to better sleep It s time to say goodbye to sleepless nights and hello to a healthier happier you So are you ready to embark on your sleep journey Are you ready to transform your sleep your health and your life The journey starts now Let s embark on this exciting adventure together Here s to better sleep better health and a better you Grab your copy of *Sleep Deprivation Decoded* today and start your journey towards better sleep and better health *The Body Clock Guide to Better Health* Michael Smolensky,Lynne Lamberg,2001-05 Chronotherapy adjusting the care of the body to coincide with the

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**Ebersole and Hess' Gerontological Nursing & Healthy Aging - E-Book** Theris A. Touhy, Kathleen F. Jett, 2016-12-22 Discover a wellness-based, holistic approach to older adult care. Ebersole Hess Gerontological Nursing and Healthy Aging 5th Edition is the only gerontological nursing text on the market that focuses on this thoughtful, organic method of care. Designed to facilitate healthy aging regardless of the situation or disease process, this text goes beyond simply tracking recommended treatments to addressing complications, alleviating discomfort, and helping older adults lead healthy lives. Featuring an updated four-color design, additional information on long-term care, evidence-based practice boxes, safety alerts, expanded tables, and careful attention to age, gender, and cultural differences, Ebersole Hess Gerontological Nursing and Healthy Aging is the most complete text on the market. Focus on health and wellness helps you gain an understanding of the patient's experience. Safety Alerts highlight safe practices and quality of care. QSEN competencies. Careful attention to age, cultural, and gender differences helps you to understand these important considerations in caring for older adults. AACN and the

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Pharmacotherapy Principles and Practice, Fourth Edition Marie A. Chisholm-Burns, Terry L. Schwinghammer, Barbara G. Wells, Patrick M. Malone, Joseph T. DiPiro, Jill M. Kolesar, 2015-12-22 Learn the essential principles of pharmacotherapy and how they apply to today's healthcare Content derived from Pharmacotherapy A Pathophysiologic Approach 8e the field's most respected reference Chapters will be peer reviewed by both nurse practitioners and pharmacy professors Easy to follow disorder based organization surveys the full range of organ system disorders treated in pharmacy practice An online learning center includes self assessment questions and answers Pharmacotherapy Principles key concepts indicated with numbered icons patient care and monitoring guidelines knowledge building boxed features within chapters consisting of Clinical Presentation a standardized chapter format a glossary of terms and much more

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