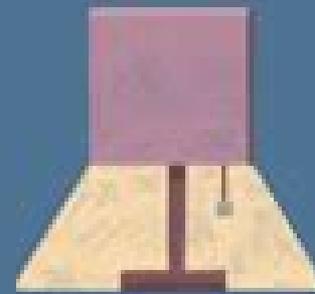




Establish a  
nighttime routine



Get up and go to  
sleep at the same time



Create a healthy  
sleep environment



Turn off electronics  
an hour before bed

# Impactful Sleep Hygiene Practices



Limit caffeine



Exercise



Reduce stress



Avoid large, fatty  
meals prior to sleeping

# Advanced Sleep Hygiene Tips Tips 35330 73994

**Fingley**



**Advanced Sleep Hygiene Tips 35330 73994:**

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

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