

# 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



# Expert Sleep Hygiene Tips Explained For Experts 5698

**RJ Alexander**



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### **Table of Contents Expert Sleep Hygiene Tips Explained For Experts 5698**

1. Understanding the eBook Expert Sleep Hygiene Tips Explained For Experts 5698
  - The Rise of Digital Reading Expert Sleep Hygiene Tips Explained For Experts 5698
  - Advantages of eBooks Over Traditional Books
2. Identifying Expert Sleep Hygiene Tips Explained For Experts 5698
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Expert Sleep Hygiene Tips Explained For Experts 5698
  - User-Friendly Interface
4. Exploring eBook Recommendations from Expert Sleep Hygiene Tips Explained For Experts 5698

- Personalized Recommendations
  - Expert Sleep Hygiene Tips Explained For Experts 5698 User Reviews and Ratings
  - Expert Sleep Hygiene Tips Explained For Experts 5698 and Bestseller Lists
5. Accessing Expert Sleep Hygiene Tips Explained For Experts 5698 Free and Paid eBooks
    - Expert Sleep Hygiene Tips Explained For Experts 5698 Public Domain eBooks
    - Expert Sleep Hygiene Tips Explained For Experts 5698 eBook Subscription Services
    - Expert Sleep Hygiene Tips Explained For Experts 5698 Budget-Friendly Options
  6. Navigating Expert Sleep Hygiene Tips Explained For Experts 5698 eBook Formats
    - ePub, PDF, MOBI, and More
    - Expert Sleep Hygiene Tips Explained For Experts 5698 Compatibility with Devices
    - Expert Sleep Hygiene Tips Explained For Experts 5698 Enhanced eBook Features
  7. Enhancing Your Reading Experience
    - Adjustable Fonts and Text Sizes of Expert Sleep Hygiene Tips Explained For Experts 5698
    - Highlighting and Note-Taking Expert Sleep Hygiene Tips Explained For Experts 5698
    - Interactive Elements Expert Sleep Hygiene Tips Explained For Experts 5698
  8. Staying Engaged with Expert Sleep Hygiene Tips Explained For Experts 5698
    - Joining Online Reading Communities
    - Participating in Virtual Book Clubs
    - Following Authors and Publishers Expert Sleep Hygiene Tips Explained For Experts 5698
  9. Balancing eBooks and Physical Books Expert Sleep Hygiene Tips Explained For Experts 5698
    - Benefits of a Digital Library
    - Creating a Diverse Reading Collection Expert Sleep Hygiene Tips Explained For Experts 5698
  10. Overcoming Reading Challenges
    - Dealing with Digital Eye Strain
    - Minimizing Distractions
    - Managing Screen Time
  11. Cultivating a Reading Routine Expert Sleep Hygiene Tips Explained For Experts 5698
    - Setting Reading Goals Expert Sleep Hygiene Tips Explained For Experts 5698
    - Carving Out Dedicated Reading Time
  12. Sourcing Reliable Information of Expert Sleep Hygiene Tips Explained For Experts 5698

- Fact-Checking eBook Content of Expert Sleep Hygiene Tips Explained For Experts 5698
  - Distinguishing Credible Sources
13. Promoting Lifelong Learning
- Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
14. Embracing eBook Trends
- Integration of Multimedia Elements
  - Interactive and Gamified eBooks

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