

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 Explained For Experts

Dr. B. L. Meghwal



Advanced Sleep Hygiene Tips Explained For Experts:

Embracing the Beat of Expression: An Emotional Symphony within **Advanced Sleep Hygiene Tips Explained For Experts**

In a world taken by displays and the ceaseless chatter of quick communication, the melodic elegance and emotional symphony created by the prepared word often fade into the background, eclipsed by the relentless sound and distractions that permeate our lives. But, set within the pages of **Advanced Sleep Hygiene Tips Explained For Experts** a stunning fictional value overflowing with natural feelings, lies an immersive symphony waiting to be embraced. Constructed by a masterful composer of language, this fascinating masterpiece conducts visitors on an emotional journey, skillfully unraveling the concealed songs and profound influence resonating within each cautiously crafted phrase. Within the depths of this moving assessment, we shall investigate the book's main harmonies, analyze its enthralling publishing fashion, and submit ourselves to the profound resonance that echoes in the depths of readers' souls.

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