

# 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.



# How To Use Sleep Hygiene Tips Guide

**Michael Rajnik**



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## **Table of Contents How To Use Sleep Hygiene Tips Guide**

1. Understanding the eBook How To Use Sleep Hygiene Tips Guide
  - The Rise of Digital Reading How To Use Sleep Hygiene Tips Guide
  - Advantages of eBooks Over Traditional Books
2. Identifying How To Use Sleep Hygiene Tips Guide
  - 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 How To Use Sleep Hygiene Tips Guide
  - User-Friendly Interface
4. Exploring eBook Recommendations from How To Use Sleep Hygiene Tips Guide
  - Personalized Recommendations
  - How To Use Sleep Hygiene Tips Guide User Reviews and Ratings
  - How To Use Sleep Hygiene Tips Guide and Bestseller Lists

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