

Prepare for sleep during the day

The elements of a good night's sleep start long before you go to bed. For a more refreshing rest, try to adopt some of these healthy sleep habits **during the day**.

Stick to a Sleep Schedule

Go to sleep and wake up at the same time every day. This reinforces your circadian rhythm to promote healthy sleep-wake cycles.



Write Down Your Worries

Don't take stress to bed. Research shows that writing down your worries early in the day can help you fall asleep faster at bedtime.



Create a Healthy Sleep Environment

Your room should be a relaxing, creating a clean, cozy retreat for sleep may help your mind switch off more easily at night.



Avoid Stimulants & Limit Alcohol

Caffeine should not be consumed four to six hours before bedtime. Limit alcohol as drinking in excess has been linked to poor sleep.



Exercise & Get Outside

30-minutes of moderate exercise and sunshine during the day makes it easier to sleep at night—and give you a serotonin boost, too!



and sleep more soundly at night

Want to wake up feeling refreshed? When you're ready to head to bed, follow these tips to improve the quality and quantity of **your sleep at night**.

Don't Head to Bed When You're Not Tired

An early night might sound nice, but don't force sleep. Heading to bed before you're tired may lead to sleep anxiety and insomnia.



Create a Daily 'Wind-Down' Routine

Hyperarousal (an active or "busy" mind) is the main reason people with insomnia can't sleep. Make time to switch off before bed.



Block Out Noise & Light

A quiet and dark room is essential for a good night's sleep. Light exposure and noise can interfere with sleep quantity and quality.



Make Your Bed a Sleep & Intimacy Zone

Leave work at your desk and meals in the kitchen. Your brain should only associate bed with sleep and intimate activities.



Don't Take Your Phone or Other Devices to Bed

Unplug at night. Blue light delays the release of sleep-inducing melatonin, increases alertness, and sets back your internal sleep clock.



Quick Sleep Hygiene Tips Tips For Workers

Alia Y. Antoon, Denise M. Tompkins



Quick Sleep Hygiene Tips For Workers:

Guide to Identifying and Reducing Workforce Fatigue in Rapid Renewal Projects Kat M. Anderson, 2023 This report from the second Strategic Highway Research Program SHRP 2 which is administered by the Transportation Research Board of the National Academies provides help in the development and implementation of fatigue risk management in rapid renewal highway construction environments The guide includes organization practices guidance technical reference materials fatigue training materials and work scheduling aids and guidance

Fast Asleep Dr Michael Mosley, 2020-10-27 The 1 New York Times bestselling author of *The Clever Gut Diet* and one of the world's leading journalists covering nutrition and health Dr Valter Longo director of the University of Southern California Longevity Institute presents a science based sleep program designed to improve brain function support weight loss boost your mood and reduce stress Getting a good night's sleep is everyone's daily goal After all it reduces your risk of depression helps you fight chronic disease improves your memory and it just plain feels good Yes but if sleep can give us all these things and more why is it that so many of us struggle to get the necessary seven to eight hours a night In *Fast Asleep* Dr Michael Mosley brings together the latest groundbreaking science to explain exactly why it is so important that we regularly get enough sleep Prone to insomnia he has taken part in numerous sleep experiments and tested every sleep remedy Combining personal insight and in depth research he explains why so many of us struggle with sleep what works and what doesn't and shares his own myth busting program to help you achieve a good night's rest Filled with fascinating case studies fifty delicious sleep promoting recipes and more *Fast Asleep* is a complete resource that offers a range of tools for combating fatigue and tiredness Simple effective and life changing this book explores the science of dreaming explains why gut health and meal times matter and reveals tips and tricks to help you not just to sleep better but to reduce stress levels and feel happier and healthier in general

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