

# Tips for positive sleep hygiene



**Regularity:** To train your body into a regular rhythm, go to bed and get up at the same time every day - even on weekends!



**Avoid caffeine before bed:** coffee, tea, cola drinks and even chocolate are all stimulants that interfere with the ability to fall asleep.



**Bathtime:** a hot bath 1-2 hours before bed can be helpful in raising your body temperature, causing you to feel sleepy as it lowers again.



**Exercise:** Regular exercise is a good idea to help with sleep but try not to do strenuous exercise in the four hours before bed time.



**Natural light:** Getting as much daylight as possible helps the body to produce melatonin, a natural hormone that promotes sleep.

**Sleep when sleepy:** Only try to sleep when you actually feel tired, rather than spending too much time lying awake in bed.



**No naps!:** Try to avoid taking naps throughout the day to ensure you are tired at bedtime.



**Sleep diary:** Use a written sleep diary or an app to monitor your sleep; you might be able to identify patterns and what helps



**Eat right:** A healthy balanced diet will help you sleep well, but timing is important - a heavy meal soon before bed can interrupt sleep.



# Quick Sleep Hygiene Tips Usa For Experts

**JE Gale**



## **Quick Sleep Hygiene Tips Usa For Experts:**

## Whispering the Secrets of Language: An Psychological Quest through **Quick Sleep Hygiene Tips Usa For Experts**

In a digitally-driven earth wherever screens reign great and immediate transmission drowns out the subtleties of language, the profound secrets and mental subtleties concealed within words usually go unheard. Yet, located within the pages of **Quick Sleep Hygiene Tips Usa For Experts** a interesting literary prize sporting with natural feelings, lies an extraordinary quest waiting to be undertaken. Written by a skilled wordsmith, that enchanting opus encourages readers on an introspective journey, gently unraveling the veiled truths and profound affect resonating within the very material of each word. Within the emotional depths of the touching evaluation, we will embark upon a honest exploration of the book is primary styles, dissect its captivating publishing model, and fail to the effective resonance it evokes heavy within the recesses of readers hearts.

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