

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 Start Sleep Hygiene Tips Usa

Ying-Ying Zheng



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The Top Books of the Year How To Start Sleep Hygiene Tips Usa The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous captivating novels enthraling the hearts of readers worldwide. Lets delve into the realm of top-selling books, exploring the captivating narratives that have captivated audiences this year. The Must-Read : Colleen Hoover's "It Ends with Us" This heartfelt tale of love, loss, and resilience has gripped readers with its raw and emotional exploration of domestic abuse. Hoover masterfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can triumph. How To Start Sleep Hygiene Tips Usa : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This captivating historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids captivating storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Discover the Magic : Delia Owens "Where the Crawdads Sing" This mesmerizing coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens weaves a tale of resilience, survival, and the transformative power of nature, entrancing readers with its evocative prose and mesmerizing setting. These popular novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of engaging stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a brilliant and gripping novel that will keep you wondering until the very end. The novel is a warning tale about the dangers of obsession and the power of evil.

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Table of Contents How To Start Sleep Hygiene Tips Usa

1. Understanding the eBook How To Start Sleep Hygiene Tips Usa
 - The Rise of Digital Reading How To Start Sleep Hygiene Tips Usa
 - Advantages of eBooks Over Traditional Books
2. Identifying How To Start Sleep Hygiene Tips Usa
 - 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 Start Sleep Hygiene Tips Usa
 - User-Friendly Interface
4. Exploring eBook Recommendations from How To Start Sleep Hygiene Tips Usa
 - Personalized Recommendations
 - How To Start Sleep Hygiene Tips Usa User Reviews and Ratings
 - How To Start Sleep Hygiene Tips Usa and Bestseller Lists
5. Accessing How To Start Sleep Hygiene Tips Usa Free and Paid eBooks
 - How To Start Sleep Hygiene Tips Usa Public Domain eBooks
 - How To Start Sleep Hygiene Tips Usa eBook Subscription Services
 - How To Start Sleep Hygiene Tips Usa Budget-Friendly Options
6. Navigating How To Start Sleep Hygiene Tips Usa eBook Formats
 - ePub, PDF, MOBI, and More
 - How To Start Sleep Hygiene Tips Usa Compatibility with Devices
 - How To Start Sleep Hygiene Tips Usa Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of How To Start Sleep Hygiene Tips Usa
 - Highlighting and Note-Taking How To Start Sleep Hygiene Tips Usa
 - Interactive Elements How To Start Sleep Hygiene Tips Usa
8. Staying Engaged with How To Start Sleep Hygiene Tips Usa

- Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers How To Start Sleep Hygiene Tips Usa
9. Balancing eBooks and Physical Books How To Start Sleep Hygiene Tips Usa
- Benefits of a Digital Library
 - Creating a Diverse Reading Collection How To Start Sleep Hygiene Tips Usa
10. Overcoming Reading Challenges
- Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine How To Start Sleep Hygiene Tips Usa
- Setting Reading Goals How To Start Sleep Hygiene Tips Usa
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of How To Start Sleep Hygiene Tips Usa
- Fact-Checking eBook Content of How To Start Sleep Hygiene Tips Usa
 - 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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