

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.



Trending Sleep Hygiene Tips Guide For Beginners

S Marginson



Trending Sleep Hygiene Tips Guide For Beginners:

Well-Child Primary Care Pocket Guide Tanya Fernandez, Tanya L Fernandez, 2021-07-31 The only pocket sized resource to methodically guide you through pediatric well visits using a unique mnemonic to ensure consistent and thorough evaluation of your patients This pocket guide has everything you need to ensure a thorough well visit for your pediatric patients from newborn to adolescence With the author s unique NEST FLY mnemonic applied throughout physician assistants nurse practitioners and other healthcare providers are methodically guided through each well visit to ensure a consistent and complete exam Uniquely designed in easy to navigate color coded tables you will quickly find all the information you need at your fingertips to evaluate your pediatric patients nutrition elimination growth family and social environment and physical and cognitive development You will also find key interviewing strategies and questions to gather an updated history as well as step by step guidelines for the head to toe physical examination Also included are anticipatory guidance suggestions for caregivers and patient education by age group Key Features Color coded by age group newborn infant toddler preschooler school age adolescents Logical and easy to remember mnemonic for gathering a comprehensive well child history Pertinent questions including psychosocial screening and anticipatory guidance by age Key developmental features organized in easy to read tables charts Health promotion related approaches to the patient and family and their importance Suggested vaccine schedule easy reference dosing for acetaminophen and ibuprofen by age and weight **Beginner's Guide to Raised Bed**

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