



Establish a
nighttime routine



Get up and go to
sleep at the same time



Create a healthy
sleep environment



Turn off electronics
an hour before bed

Impactful Sleep Hygiene Practices



Limit caffeine



Exercise



Reduce stress



Avoid large, fatty
meals prior to sleeping

Why Sleep Hygiene Tips 2025 For Experts

Clemens Wendtner



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Social Sciences for Healthcare Professionals Chris Allen,2025-11-10 A comprehensive guide to social sciences in person centred healthcare practice To deliver truly person centred care healthcare professionals must understand the complex social psychological and economic factors that influence health and wellbeing Social Sciences for Healthcare Professionals bridges the gap between theory and practice providing a thorough overview of essential social science concepts and their relevance in clinical settings Covering a wide range of core topics from understanding social determinants of health to promoting equitable care Dr Chris Allen and his team provide readers with evidence based insights to drive better outcomes for individuals and communities Social Sciences for Healthcare Professionals Combines insights from disciplines including psychology sociology and economics for a multidisciplinary approach to healthcare Features practical case studies to illustrate theory and its application in diverse clinical settings Promotes critical thinking and reflective practices for improved healthcare delivery Includes activities and recommendations to support learning in both academic and professional contexts Emphasises the importance of evidence based socially sensitive healthcare Written by experienced educators and experts in nursing education Social Sciences for Healthcare Professionals is essential reading for pre registration undergraduate and postgraduate healthcare students in nursing midwifery and allied health fields It is designed to support both coursework and professional practice aligning with degree programmes in healthcare and allied health sciences

Mothering the Mother Shafia Monroe,2026-01-27 A comprehensive exploration of postpartum traditions that emphasize the importance of nurturing mothers during their most vulnerable times From traditional recipes to rituals this book highlights sisterhood and the need for comprehensive care that honors both the mother and the newborn from the foreword by Erykah Badu five time GRAMMY Award Winner singer songwriter and holistic healer As a mother grandmother and traditional midwife Shafia M Monroe intimately knows about childbirth and the fourth trimester For over forty years she s helped thousands give birth and has taught thousands more how to support birthing parents all integrating the deep wisdom of African American healing traditions Long suppressed by the white medical establishment these practices such as belly binding heat herbs the lying in period and the taking out of bed ritual are powerful healing tools Using them we mother the mother through a healthy postpartum period While this framework will be powerful healing for all mothers the information in this book can save Black mothers lives with African American women disproportionately suffering from maternal mortality and morbidity there is an urgent need for an embrace of African American postpartum care that surrounds the new mother and her baby with community love and protection Mothering the Mother is a resource for Black women and communities to reclaim their cultural traditions for a healthy postpartum recuperation **The Stoic Habit** Dr. Bob Robinson,2026-01-06 What if the path to a meaningful life isn t about what happens to you but how you respond Learn to master your mindset when it matters most The Stoic Habit offers a practical pathway to developing the strength of character

needed to handle any of life's challenges with wisdom and purpose. For centuries the greatest minds faced obstacles just like ours. From Marcus Aurelius's *Meditations* written amid war and plague to Epictetus's teachings on personal freedom despite being born into slavery to Musonius Rufus's practical lessons on ethical living, these ancient guides offer profound insights for today's challenges. Their wisdom isn't confined to philosophy classrooms but comes alive in the arena of daily life. This isn't another self-help book filled with quick fixes and empty promises. Instead, it's a practical framework for developing wisdom, mental strength, emotional intelligence, and unshakeable character through daily habits and proven practices. Master the mindset for handling life's most challenging moments. Find lasting calm and resilience through time-tested wisdom. Gain clarity and control over your emotions and responses to stress. Turn any obstacle into an opportunity for growth and learning. Create a life of purpose, deeply aligned with your highest values. Build authentic relationships through principled action and trust. Through small, deliberate actions, you'll discover how to build the mental strength and character needed to handle anything life presents.

Own Your Time Andy Hill, 2026-01-22. Step by step resource showing couples how to control their money so they can control their time. In *Own Your Time: 10 Financial Steps to Put Your Family First and Escape the Corporate Grind*, Andy Hill, husband, father of two, and award-winning family finance coach, walks readers through simple yet highly effective steps families can take to achieve family financial independence. Covering the two biggest causes of parental stress: financial anxiety and being overworked, this book features real-life examples of couples who've conquered these family financial independence milestones and found better lives for themselves because of it. The book is broken down into 10 actionable steps that will take couples from overwhelmed to empowered. Topics include: Defining the life you want to live; Investing early and consistently; Growing the gap between income and expenses; Inspiring generational wealth for kids; Finding your three-day workweek and four-day weekend; Maximizing family experiences. *Own Your Time: 10 Financial Steps to Put Your Family First and Escape the Corporate Grind* is an essential, field-tested guide for parents seeking to break free from the constraints of financial stress and instead enjoy the benefits of financial independence.

What Teachers Need Amanda Moreno, Jeanette Banashak, 2026. Most books on teacher well-being are about what teachers need to do, whereas this book specifies what teachers need from their supporters and settings to heal from the harms of their profession and thrive. *What Teachers Need* offers practical guidance to principals, district leaders, teacher educators, and professional development facilitators—all who create the conditions for K-12 teacher wellness. Social-emotional learning (SEL) is widely embraced for students, but the education community has yet to practice what it preaches for the adults. Each chapter in this timely book shares innovative approaches to infuse care and humanization into teacher preparation, professional learning, and school buildings, intentionally exploring non-dominant perspectives on SEL. By investing in the health and happiness of educators, we not only empower them to thrive but also lay the foundation for positive ripple effects on students, schools, and the broader education system. This book is a must-read for educators and anyone who supports them.

Book Features: Goes beyond

traditional models of self help with stories and scholarship that focus on personal and community healing Offers an antidote to teachers disappointment regarding the next professional development fad that s out of touch with their lived realities Describes relevant practices and processes for teachers school leaders and teacher preparation faculty that can be tailored to their unique education context Examines how innovators and disruptors in SEL critical studies in teacher education coaching and professional development are actively helping educators create equitable and nurturing classrooms *Health Program Evaluation* Patricia B. Campbell,Veronica G. Thomas,2026-02-09 This timely textbook focuses on planning and implementing evaluation of public health programs through an equity focused socially just and racialized lens While providing fundamental knowledge tools practical skills and theory the authors challenge the dominant paradigm in planning implementing health evaluation programs and the impact of power and privilege in evaluation The text offers a wealth of topics not found in similar texts such as social determinants of health in program planning and evaluation evaluation ethics in diverse cultural contexts ethical issues surrounding historical trauma and the challenges of dealing with the politicalization of evaluation Engaging features such as Case Studies Perspectives from Groundbreakers Reflect and Discuss questions and Activities incorporate practical and applied opportunities for learning **Active Mom** Ashley Reid,2026-03-05 Exercise physiologist Ashley Reid helps moms stay strong and active through all stages of pregnancy and motherhood with concrete advice workout recommendations and exercise and wellness tips **Leininger's Transcultural Healthcare: Concepts, Theories, Research & Practices** Hiba B. Wehbe-Alamah,Marilyn R. McFarland,2026-03-08 The most comprehensive presentation of transcultural healthcare from two pioneers of the field After four editions of Leininger s Transcultural Nursing the acclaimed text has been updated and expanded to present a multidisciplinary approach addressed by authors with expertise in nursing sociology physical therapy and medicine Leininger s Transcultural Healthcare Concepts Theories Research Practice offers the first edition of a comprehensive presentation of transcultural healthcare in global settings which is applicable to providers educators and researchers working in varied health care settings with patients and or clients from diverse cultures and religious backgrounds Readers will find essential healthcare knowledge on the future directions of interdisciplinary collaborative transcultural healthcare practices related to education policy patient assessments and communications The book offers guidance on interprofessional culturally congruent care practices for diverse groups such as Hindus Taiwanese Muslims and Jehovah s Witnesses Reflecting on the work of experts and scholarship from various healthcare disciplines the book includes 25 chapters focused on special topics including but not limited to collaborative care across disciplines transcultural simulation aspects of pain and mental health as well as culturally congruent translational science and end of life care *American Physical Education Review* ,1915 Includes abstracts of magazine articles and Book reviews **The Federation Guide and Market News of the National Cheese Producers' Federation** ,1924 **Federation Guide and Market News** ,1924 *Guide to Medical Cures & Treatments* ,1996 Descriptions of over 450

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Brotherhood of Locomotive Firemen and Enginemen's Magazine ,1890 *Lies My Therapist Told Me* Greg E. Gifford,2025-05-27 Few books combine theological precision with practical wisdom as skillfully as *Lies My Therapist Told Me* Jonny Ardavanis Dr Gifford is an incredible resource Allie Beth Stuckey From beloved Christian counselor professor and podcaster Greg Gifford comes a bold and balanced critique of the mental health establishment Too many people are caught in a vicious cycle of visiting every doctor psychiatrist psychologist and therapist in their area only to find frustrating labels and numbing medications at the end of each path Rather than eradicating anxiety in the same way vaccines conquered smallpox the mental health establishment has seen the number of diagnoses and prescriptions skyrocket on its watch How did we get here And does Christianity have any answers for this mental health crisis In *Lies My Therapist Told Me* Dr Greg Gifford delivers the definitive Christian critique of secular psychiatry and psychology He shows how mental health culture spreads beliefs that misinform our understanding of ourselves and our issues and he debunks popular myths such as We feel and act the way we do because the body keeps the scores of trauma Addiction is a disease If you improve your brain health your mind will follow Medications can heal your mind Every abnormal or sinful behavior is caused by a mental disorder These ideas though common are ultimately unhelpful because they are based on unbiblical assumptions Gifford brings clarity where secular therapy has created confusion and offers hope even for those struggling with the hard cases Through deep research biblical teaching and the inspiring stories of real counselees he shows why we can't blame the past or even a diagnosis for our bad behavior and why our society's growing unhappiness is not primarily a medical issue With a foreword by Todd Friel of Wretched Radio this book is a must read for counselors and counselees alike You can read all the mental health research in the world but you still won't learn God's answers for winning the battles in your mind *Lies My Therapist Told Me* is a powerful cutting edge argument that the supernatural wisdom of the Bible is truly enough for every need **Who's who in America** ,1926

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