

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.



Expert Sleep Hygiene Tips Guide For Beginners

Samantha Ettus



Expert Sleep Hygiene Tips Guide For Beginners:

Unveiling the Power of Verbal Art: An Mental Sojourn through **Expert Sleep Hygiene Tips Guide For Beginners**

In some sort of inundated with displays and the cacophony of fast transmission, the profound power and psychological resonance of verbal artistry usually disappear into obscurity, eclipsed by the constant assault of sound and distractions. However, located within the lyrical pages of **Expert Sleep Hygiene Tips Guide For Beginners**, a charming work of fictional splendor that impulses with organic thoughts, lies an memorable journey waiting to be embarked upon. Composed by way of a virtuoso wordsmith, this interesting opus courses viewers on a mental odyssey, gently revealing the latent potential and profound influence stuck within the elaborate internet of language. Within the heart-wrenching expanse of this evocative analysis, we can embark upon an introspective exploration of the book is central subjects, dissect its charming publishing style, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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