

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 Tips

G Orfield



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Table of Contents How To Start Sleep Hygiene Tips Tips

1. Understanding the eBook How To Start Sleep Hygiene Tips Tips
 - The Rise of Digital Reading How To Start Sleep Hygiene Tips Tips
 - Advantages of eBooks Over Traditional Books
2. Identifying How To Start Sleep Hygiene Tips Tips
 - 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 Tips
 - User-Friendly Interface

4. Exploring eBook Recommendations from How To Start Sleep Hygiene Tips Tips
 - Personalized Recommendations
 - How To Start Sleep Hygiene Tips Tips User Reviews and Ratings
 - How To Start Sleep Hygiene Tips Tips and Bestseller Lists
5. Accessing How To Start Sleep Hygiene Tips Tips Free and Paid eBooks
 - How To Start Sleep Hygiene Tips Tips Public Domain eBooks
 - How To Start Sleep Hygiene Tips Tips eBook Subscription Services
 - How To Start Sleep Hygiene Tips Tips Budget-Friendly Options
6. Navigating How To Start Sleep Hygiene Tips Tips eBook Formats
 - ePub, PDF, MOBI, and More
 - How To Start Sleep Hygiene Tips Tips Compatibility with Devices
 - How To Start Sleep Hygiene Tips Tips Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of How To Start Sleep Hygiene Tips Tips
 - Highlighting and Note-Taking How To Start Sleep Hygiene Tips Tips
 - Interactive Elements How To Start Sleep Hygiene Tips Tips
8. Staying Engaged with How To Start Sleep Hygiene Tips Tips
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers How To Start Sleep Hygiene Tips Tips
9. Balancing eBooks and Physical Books How To Start Sleep Hygiene Tips Tips
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection How To Start Sleep Hygiene Tips Tips
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 Tips
 - Setting Reading Goals How To Start Sleep Hygiene Tips Tips
 - Carving Out Dedicated Reading Time

12. Sourcing Reliable Information of How To Start Sleep Hygiene Tips Tips
 - Fact-Checking eBook Content of How To Start Sleep Hygiene Tips Tips
 - 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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