

# 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.



# Easy Sleep Hygiene Tips Ideas For Creators

**Lauren Gardner**



## Easy Sleep Hygiene Tips Ideas For Creators:

Pervasive Computing Technologies for Healthcare Haridimos Kondylakis, Andreas Triantafyllidis, 2025-05-24 The two volume set LNICST 611 and LNICST 612 constitutes the refereed proceedings of the 18th EAI International Conference on Pervasive Computing Technologies for Healthcare PervasiveHealth 2024 held in Heraklion Crete Greece during September 17 18 2024 The 45 full papers included in these proceedings were carefully reviewed and selected from 120 submissions They were split in topical sections as follows Part I Patient Empowerment Artificial Intelligence Medical Imaging Education Part II Education mHealth and Telemonitoring 3rd IOT HR Workshop on Internet of Things in Health Research Posters

**The Grain Brain Whole Life Plan** David Perlmutter, 2016-11-15 The official guide to Dr David Perlmutter's revolutionary approach to vibrant health as described in his New York Times bestsellers Grain Brain The Grain Brain Cookbook and Brain Maker i With more than a million copies sold worldwide Dr Perlmutter's books have changed many lives Now he's created a practical comprehensive program that lowers the risk for brain ailments while yielding other benefits such as weight loss relief from chronic conditions and total body rejuvenation Science based and highly accessible The Grain Brain Whole Life Plan expands upon the core advice from Dr Perlmutter's previous works and introduces new information about the advantages of eating more fat fewer carbs and nurturing the microbiome Including original recipes tips and tricks for common challenges meal plans and advice on everything from sleep hygiene to stress management exercise supplements and more The Grain Brain Whole Life Plan shows how to live happily and healthily ever after

**The Creator's Code** Amy Wilkinson, 2016-03-22 Based on in depth interviews with more than 200 leading entrepreneurs including the founders of LinkedIn Chipotle eBay Under Armour Tesla Motors SpaceX Spanx Airbnb PayPal JetBlue Gilt Group Theranos and Dropbox a business executive and senior fellow at the Harvard Kennedy School identifies the six essential disciplines needed to transform your ideas into real world successes whether you're an innovative manager or an aspiring entrepreneur 7

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