

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.



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Applied Topics in Health Psychology Marie Louise Caltabiano, Lina Ricciardelli, 2012-08-14 This selection of in depth critical and comprehensive chapters on topical issues in applied health psychology features the work of key researchers and practitioners in the Australasian health system and deals with both theoretical and methodological aspects of the subject The first health psychology text aimed specifically at regional postgraduate trainees Covers an array of topics and issues and focuses on applied aspects of clinical health and health promotion Includes both specialized topics and new frontiers of research Contextualizes health psychology teaching and learning for Australasian students *Health Assessment and Physical Examination* Mary Ellen Zator Estes, Pauline Calleja, Karen Theobald, Theresa Harvey, 2019-10-24 Health assessment is an ongoing process that evaluates the whole person as a physical psychosocial and functional being whether they are young or old well or ill This market leading text presents health assessment physical examination information and skills for health professionals who undertake these types of assessments Health Assessment and Physical Examination is scaffolded from foundation to more advanced health assessment following a body systems approach and a head to toe approach It uses the ENAP Examine Normal Abnormal Pathophysiology approach as a tool for students to collect useful information An applied case study at the end of each chapter walks students through an example of an assessment This comprehensive yet student friendly text is noted for its high quality case studies pedagogical elements and excellent student resources Unique to this text are the advanced topics and Urgent findings which highlights serious or life threatening signs or critical assessment findings that need immediate attention

Sleep Medicine Sudhansu Chokroverty, Michel Billiard, 2015-09-22 This comprehensive volume provides a balanced and easily readable account of the rise of modern sleep medicine its history and developmental milestones Authored by an international group of experts the remarkable progress and fascinating evolution from rudimentary concepts of the ancient prehistoric and early classical periods to our contemporary knowledge are covered in detail These examples and their relationship to modern therapies offer neurologists psychiatrists respiratory specialists clinicians researchers and those interested in sleep medicine an important perspective to the origins of current practice

Circadian Physiology Roberto Refinetti PhD., 2016-04-19 While the first edition of the critically acclaimed and highly popular Circadian Physiology offered a concise but rigorous review of basic and applied research on circadian rhythms this newest edition provides educators with the primary textbook they need to support a course on this cutting edge topic Maintaining the same accessible multi

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Cancer Nursing Connie Yarbro, Debra Wujcik, Barbara Holmes Gobel, 2011 A new and revised version of this best selling reference For over eighteen years best selling Cancer Nursing Principles and Practice has provided oncology nurses with the latest information on new trends in the rapidly changing science of oncology Now in its Seventh Edition Cancer Nursing has been completely revised and updated to reflect key new developments New topics covered include targeted therapy hypersensitivity reactions mucositis and family and caregiver issues With 27 new chapters featuring insights from key authors the Seventh Edition is a must have resource for every oncology nurse

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