

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 15709

Dr Gideon Hyde



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The Science of Sleep Learn how sleep works why it's so important and the key functions of sleep for mental and physical health

Common Sleep Disorders Identify and understand sleep issues like insomnia sleep apnea restless leg syndrome and narcolepsy uncovering their causes symptoms and available treatments

Practical Solutions for Insomnia Discover proven methods from cognitive behavioral therapy for insomnia CBT I to sleep hygiene tips and when medications may be necessary

Understanding Sleep Apnea Gain insights into how sleep apnea affects your quality of life and explore treatment options including CPAP machines and lifestyle changes

Managing Restless Leg Syndrome RLS Learn to identify symptoms triggers and effective treatments that will help you get better sleep

The Power of Sleep Hygiene Create a sleep friendly environment and establish bedtime routines that improve the quality of your sleep

The Mental Health Connection Understand how anxiety depression and stress contribute to sleep disorders and find ways to manage them for better sleep

Natural Remedies and Lifestyle Changes Discover how diet exercise mindfulness and natural supplements can enhance your sleep

Therapies and Treatments Explore therapies like cognitive behavioral therapy acupuncture hypnosis and other professional treatment options for sleep disorders

Coping Strategies Learn how to stay motivated and manage setbacks on your journey to better sleep

This book has been created with one mission in mind to help you sleep better live better and embrace a life of vitality and well being As the sole author of this guide I've poured my heart and soul into this work and I'm excited to share it with you My goal is simple to give you the knowledge and tools to finally overcome sleep disorders and

enjoy a life filled with energy focus and rest You won't find this level of comprehensive easy to understand guidance anywhere else By choosing Complete Guide to Sleep Disorders you're making a decision that will positively impact your health for years to come Don't let another sleepless night pass you by take action now and let this guide show you the way to better sleep Add this book to your cart today and start your journey toward the sleep you deserve Your well rested life awaits

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