

# 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.



# Trending Sleep Hygiene Tips Guide For Workers

**Rachel S Tattersall**



## **Trending Sleep Hygiene Tips Guide For Workers:**

*The Complete Idiot's Guide to Running a Bed & Breakfast* Park Davis, Susannah Craig, 2001-04-01 You're no idiot of course. You've had the pleasure of staying at a few bed and breakfasts and you'd love to open a charming inn of your own. But when you think about what it takes to get a business up and running, you want to hang the Do Not Disturb sign. This is your wake-up call. *The Complete Idiot's Guide to Running a Bed and Breakfast* will show you it can be easy and fun and a great way to meet new people and make money. In this *Complete Idiot's Guide*, you get useful insights into the booming B & B industry. A simple test to help you decide if you have what it takes to succeed in the B & B business. Idiot-proof guidelines for converting a house into a B & B. Expert advice on accounting and business issues. An insider's look at the new trends in guest services.

Cultural Psychiatry With Children, Adolescents, and Families Ranna Parekh, M.D., M.P.H., Cheryl S. Al-Mateen, M.D., Maria Jose Lisotto, M.D., R. Dakota Carter, M.D., EdD, 2020-12-04 Rapidly changing demographics in the United States over the past few years have resulted in a majority of minority youth. This has far-reaching implications for mental health clinicians for whom knowledge of cultural context is critically important to understanding their patients and rendering effective, compassionate treatment. In addition to addressing cultural context, the book addresses the emerging crisis of the COVID-19 pandemic and the significance of the movement for social justice.

**Perspectives in digital health and big data in medicine: Current trends, professional challenges, and ethical, legal, and social implications** João Valente Cordeiro, Liliana Laranjo, 2023-10-25

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*Child and Adolescent Mental Health* Christine Hooper, Margaret Thompson, Catherine Laver-Bradbury, Chris Gale, 2012-02-24 The book covers all the core aspects of child and adolescent mental health, starting with the background to emotional and behavioural problems and looking at models and tools for assessment and treatment, before examining specific problems encountered in children, young people, and their families from different cultural backgrounds. Key features: clear theoretical framework for each topic; integrated disciplinary approach; case studies; information about other resources available to professionals and families, including new government initiatives. New for the second edition: updated and revised with the latest references and theories; sections on the influence of genetics on behaviour; working with children with learning difficulties; evidence-based paediatric and psychological developments; multiple-choice questions for revision and testing; new quick-reference format. This is an essential text for all professionals working with children, young people, and their families, including student and practitioner psychiatrists, clinical psychologists, mental health nurses, and social care specialists.

**Trends in Ergonomics/human Factors**, 1988

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*Mechanics Magazine* ,1922    **Hygeia** ,1939    **Safety and Health at Work, ILO-CIS Bulletin** ,2003

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