

# SLEEP HYGIENE CHECKLIST

- Get up at the same time each day, 7 days a week.** A regular wake time leads to regular times of sleep onset and helps to set your biological clock.
- Get enough sleep.** Allow yourself enough time to sleep at least 7 to 9 consecutive hours.
- Only use the bed for sleep and sexual activity.** This will help condition your brain to see the bed as the place for sleeping. Do not read, watch TV, or eat in bed.
- Get out of bed soon after waking up.** This will prevent you from falling back asleep.
- Get exposure to bright light.** Sunshine is best. This will help reset your internal sleep clock (i.e., your circadian rhythm).
- Exercise regularly.** A regular exercise routine can contribute to improved sleep and mood.
- Avoid caffeine & stimulants late in the day.** Avoid caffeine after noon.
- Unplug an hour before bed.** Keep screen use to a minimum, at least an hour before bed.
- Make sure your bedroom is at a comfortable temperature during the night.** Excessively warm or cold sleep environments may disturb sleep.
- Avoid excessive liquids in the evening.** Reducing liquid intake will minimize the need for night-time trips to the bathroom.
- Get up & try again.** If you haven't been able to get to sleep after about 20 minutes, get up and do something calming or boring until you feel sleepy, then return to bed and try again. Sit quietly on the couch with the lights off (bright light will tell your brain that it is time to wake up), or read something boring like an electronics manual. Avoid doing anything that is too stimulating or interesting, as this will wake you up even more.

**Sleep** is fundamental for maintaining good physical and mental health. It allows the brain to process and consolidate memories, regulate emotions, and restore the body's energy levels. Like a cell phone, a brain needs to be "recharged." Insufficient or poor-quality sleep can lead to, or exacerbate, a range of mental health problems, including depression, anxiety, irritability, and mood swings. Without sufficient sleep, the brain becomes "drained" and it becomes harder to respond effectively to difficult thoughts, feelings, and situations.



# Ultimate Sleep Hygiene Tips Step Plan For Students

**O García**



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**Lesson Planning for Skills-Based Elementary Health Education** Holly Alperin, Sarah Benes, 2021 Over 180 field tested lesson plans learning activities and assessments for implementing a skills based approach in your class This resource is aligned with the National Health Education Standards and comes with a web resource that includes English and Spanish versions of the book s reproducible forms *Ultimate Wellness* Prof. Kerryn Phelps, 2013-02-01 Are you stuck in a health rut Stressed out overtired overweight and under par Maybe you sleep less and drink more than you should You know you need to make changes now rather than wait for the big health crisis but how In *Ultimate Wellness* Professor Kerryn Phelps AM one of Australia s best known and most respected GPs shares her simple but effective 3 step approach to ultimate wellbeing Kerryn shows you how to assess your health make a plan for improvement and change your mindset to ensure you stick to your goals She demonstrates how a little bit of effort one step at a time will make an enormous difference to how you feel Along the way she provides answers to your most common health questions How do I find the right health professional What really works when it comes to weight loss How do I integrate complementary and conventional treatments Do I need to take vitamins and other supplements How much exercise is ideal and how much can I get away with Why can t I get a good night s sleep How much alcohol is too much What can I do to overcome stress and fatigue Informative accessible and achievable this is your complete plan for getting better staying well and achieving ultimate wellness **Best Holistic Life Magazine April 2024** Jana Short, 2024-04-01 Embark on an exhilarating voyage towards self empowerment with the April 2024 Best Holistic Life Magazine edition Just as March s issue ignited a spark of transformation this edition continues to be a beacon of holistic innovation transcending the ordinary to guide you on a revolutionary journey of holistic enlightenment and self mastery In this special edition we explore the profound insights of Oliver Ni o best selling author of *The Spiritual Activator* and esteemed spiritual healer to celebrities Join us on a personal spiritual journey guided by Oliver Ni o acclaimed as the author of Best Holistic Life Magazine s *Spiritual Book of the Year 2024* Brace yourself for an inspirational expedition where every page reveals a tapestry of knowledge insights and transformative practices **The Cancer Recovery Guide** Prof. Kerryn Phelps, 2015-07-01 From Australia s most trusted GP Professor Kerryn Phelps AM comes a comprehensive accessible and compassionate guide for cancer patients and their families and carers A cancer diagnosis is a difficult life event and just the beginning of a long and challenging journey Professor Phelps has provided care to numerous cancer patients over many years and knows the issues they face Her philosophy is always to empower patients with the information they need to improve their wellbeing in whatever way possible In *The Cancer Recovery Guide* Professor Phelps provides expert advice on what to do when you are first diagnosed how to get the best from your medical team what to expect from cancer specific treatments and how to manage side effects medically proven complementary therapies to help manage pain stress fatigue and reduced immunity the role of sleep exercise and nutrition in easing the effects of treatment and facilitating recovery

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Edition) David G. Myers,C. Nathan DeWall,June Gruber,2024-05-02 The number 1 bestselling intro to psychology in an exhaustively updated new edition     **Exploring Psychology in Modules** David G. Myers,C. Nathan DeWall,2021-10-06 The modules version of Myers DeWall s bestseller Exploring Psychology with its exceptionally current coverage set out in 49 brief segments     *Psychology* David G. Myers,C. Nathan DeWall,June Gruber,2023-10-10 The number 1 bestselling intro to psychology in an exhaustively updated new edition     School Life ,1920     **Food Planning and Preparation** Mabel Thacher Wellman,1928     **American Medical Association Bulletin** American Medical Association,1925     The Ladies' Home Journal ,1897     *The Keto Reset Diet* Mark Sisson,2017-12-18 Mark Sisson author of the mega bestseller The Primal Blueprint unveils his groundbreaking ketogenic diet plan that resets your metabolism in 21 days so you can burn fat forever     The American Food Journal ,1927     **In the Supreme Court of the State of Illinois** Supreme Court of Illinois ,  
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