

# Tips for positive sleep hygiene



**Regularity:** To train your body into a regular rhythm, go to bed and get up at the same time every day - even on weekends!



**Avoid caffeine before bed:** coffee, tea, cola drinks and even chocolate are all stimulants that interfere with the ability to fall asleep.



**Bathtime:** a hot bath 1-2 hours before bed can be helpful in raising your body temperature, causing you to feel sleepy as it lowers again.



**Exercise:** Regular exercise is a good idea to help with sleep but try not to do strenuous exercise in the four hours before bed time.



**Natural light:** Getting as much daylight as possible helps the body to produce melatonin, a natural hormone that promotes sleep.

**Sleep when sleepy:** Only try to sleep when you actually feel tired, rather than spending too much time lying awake in bed.



**No naps!:** Try to avoid taking naps throughout the day to ensure you are tired at bedtime.



**Sleep diary:** Use a written sleep diary or an app to monitor your sleep; you might be able to identify patterns and what helps



**Eat right:** A healthy balanced diet will help you sleep well, but timing is important - a heavy meal soon before bed can interrupt sleep.



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**RC Schank**



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## **Table of Contents Pro Sleep Hygiene Tips 28566 67230**

1. Understanding the eBook Pro Sleep Hygiene Tips 28566 67230
  - The Rise of Digital Reading Pro Sleep Hygiene Tips 28566 67230
  - Advantages of eBooks Over Traditional Books
2. Identifying Pro Sleep Hygiene Tips 28566 67230
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Pro Sleep Hygiene Tips 28566 67230
  - User-Friendly Interface

4. Exploring eBook Recommendations from Pro Sleep Hygiene Tips 28566 67230
  - Personalized Recommendations
  - Pro Sleep Hygiene Tips 28566 67230 User Reviews and Ratings
  - Pro Sleep Hygiene Tips 28566 67230 and Bestseller Lists
5. Accessing Pro Sleep Hygiene Tips 28566 67230 Free and Paid eBooks
  - Pro Sleep Hygiene Tips 28566 67230 Public Domain eBooks
  - Pro Sleep Hygiene Tips 28566 67230 eBook Subscription Services
  - Pro Sleep Hygiene Tips 28566 67230 Budget-Friendly Options
6. Navigating Pro Sleep Hygiene Tips 28566 67230 eBook Formats
  - ePub, PDF, MOBI, and More
  - Pro Sleep Hygiene Tips 28566 67230 Compatibility with Devices
  - Pro Sleep Hygiene Tips 28566 67230 Enhanced eBook Features
7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Pro Sleep Hygiene Tips 28566 67230
  - Highlighting and Note-Taking Pro Sleep Hygiene Tips 28566 67230
  - Interactive Elements Pro Sleep Hygiene Tips 28566 67230
8. Staying Engaged with Pro Sleep Hygiene Tips 28566 67230
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Pro Sleep Hygiene Tips 28566 67230
9. Balancing eBooks and Physical Books Pro Sleep Hygiene Tips 28566 67230
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Pro Sleep Hygiene Tips 28566 67230
10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
11. Cultivating a Reading Routine Pro Sleep Hygiene Tips 28566 67230
  - Setting Reading Goals Pro Sleep Hygiene Tips 28566 67230
  - Carving Out Dedicated Reading Time

12. Sourcing Reliable Information of Pro Sleep Hygiene Tips 28566 67230
  - Fact-Checking eBook Content of Pro Sleep Hygiene Tips 28566 67230
  - Distinguishing Credible Sources
13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
14. Embracing eBook Trends
  - Integration of Multimedia Elements
  - Interactive and Gamified eBooks

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