

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.



Ultimate Sleep Hygiene Tips 6399

Sara T. Bernstein, Kathleen M. Savage

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Table of Contents Ultimate Sleep Hygiene Tips 6399

1. Understanding the eBook Ultimate Sleep Hygiene Tips 6399
 - The Rise of Digital Reading Ultimate Sleep Hygiene Tips 6399
 - Advantages of eBooks Over Traditional Books
2. Identifying Ultimate Sleep Hygiene Tips 6399
 - 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 Ultimate Sleep Hygiene Tips 6399
 - User-Friendly Interface
4. Exploring eBook Recommendations from Ultimate Sleep Hygiene Tips 6399
 - Personalized Recommendations
 - Ultimate Sleep Hygiene Tips 6399 User Reviews and Ratings

- Ultimate Sleep Hygiene Tips 6399 and Bestseller Lists
- 5. Accessing Ultimate Sleep Hygiene Tips 6399 Free and Paid eBooks
 - Ultimate Sleep Hygiene Tips 6399 Public Domain eBooks
 - Ultimate Sleep Hygiene Tips 6399 eBook Subscription Services
 - Ultimate Sleep Hygiene Tips 6399 Budget-Friendly Options
- 6. Navigating Ultimate Sleep Hygiene Tips 6399 eBook Formats
 - ePub, PDF, MOBI, and More
 - Ultimate Sleep Hygiene Tips 6399 Compatibility with Devices
 - Ultimate Sleep Hygiene Tips 6399 Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Ultimate Sleep Hygiene Tips 6399
 - Highlighting and Note-Taking Ultimate Sleep Hygiene Tips 6399
 - Interactive Elements Ultimate Sleep Hygiene Tips 6399
- 8. Staying Engaged with Ultimate Sleep Hygiene Tips 6399
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Ultimate Sleep Hygiene Tips 6399
- 9. Balancing eBooks and Physical Books Ultimate Sleep Hygiene Tips 6399
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Ultimate Sleep Hygiene Tips 6399
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Ultimate Sleep Hygiene Tips 6399
 - Setting Reading Goals Ultimate Sleep Hygiene Tips 6399
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Ultimate Sleep Hygiene Tips 6399
 - Fact-Checking eBook Content of Ultimate Sleep Hygiene Tips 6399
 - 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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