

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.



Advanced Sleep Hygiene Tips Guide For Beginners 11703

Albert A Gayle



Advanced Sleep Hygiene Tips Guide For Beginners 11703:

This book delves into Advanced Sleep Hygiene Tips Guide For Beginners 11703. Advanced Sleep Hygiene Tips Guide For Beginners 11703 is a vital topic that needs to be grasped by everyone, ranging from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Advanced Sleep Hygiene Tips Guide For Beginners 11703, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:
 - Chapter 1: Introduction to Advanced Sleep Hygiene Tips Guide For Beginners 11703
 - Chapter 2: Essential Elements of Advanced Sleep Hygiene Tips Guide For Beginners 11703
 - Chapter 3: Advanced Sleep Hygiene Tips Guide For Beginners 11703 in Everyday Life
 - Chapter 4: Advanced Sleep Hygiene Tips Guide For Beginners 11703 in Specific Contexts
 - Chapter 5: Conclusion
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 6. In chapter 5, this book will draw a conclusion about Advanced Sleep Hygiene Tips Guide For Beginners 11703. This chapter will summarize the key points that have been discussed throughout the book.
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