

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.



Best Sleep Hygiene Tips

Huangqi Zhang



Best Sleep Hygiene Tips:

This book delves into Best Sleep Hygiene Tips. Best Sleep Hygiene Tips is an essential topic that must be grasped by everyone, ranging from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Best Sleep Hygiene Tips, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:
 - Chapter 1: Introduction to Best Sleep Hygiene Tips
 - Chapter 2: Essential Elements of Best Sleep Hygiene Tips
 - Chapter 3: Best Sleep Hygiene Tips in Everyday Life
 - Chapter 4: Best Sleep Hygiene Tips in Specific Contexts
 - Chapter 5: Conclusion
2. In chapter 1, the author will provide an overview of Best Sleep Hygiene Tips. This chapter will explore what Best Sleep Hygiene Tips is, why Best Sleep Hygiene Tips is vital, and how to effectively learn about Best Sleep Hygiene Tips.
3. In chapter 2, this book will delve into the foundational concepts of Best Sleep Hygiene Tips. The second chapter will elucidate the essential principles that must be understood to grasp Best Sleep Hygiene Tips in its entirety.
4. In chapter 3, the author will examine the practical applications of Best Sleep Hygiene Tips in daily life. The third chapter will showcase real-world examples of how Best Sleep Hygiene Tips can be effectively utilized in everyday scenarios.
5. In chapter 4, this book will scrutinize the relevance of Best Sleep Hygiene Tips in specific contexts. This chapter will explore how Best Sleep Hygiene Tips is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, this book will draw a conclusion about Best Sleep Hygiene Tips. The final chapter will summarize the key points that have been discussed throughout the book.

The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Best Sleep Hygiene Tips.

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