

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.



Top Sleep Hygiene Tips Guide For Experts 5063

J Rink



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Unveiling the Power of Verbal Art: An Mental Sojourn through **Top Sleep Hygiene Tips Guide For Experts 5063**

In a world inundated with screens and the cacophony of instantaneous transmission, the profound energy and mental resonance of verbal beauty often diminish in to obscurity, eclipsed by the constant assault of sound and distractions. However, nestled within the musical pages of **Top Sleep Hygiene Tips Guide For Experts 5063**, a captivating perform of literary elegance that pulses with natural emotions, lies an unforgettable journey waiting to be embarked upon. Written with a virtuoso wordsmith, that mesmerizing opus instructions visitors on an emotional odyssey, lightly revealing the latent possible and profound impact stuck within the intricate web of language. Within the heart-wrenching expanse of the evocative analysis, we shall embark upon an introspective exploration of the book is main subjects, dissect its captivating writing design, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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