

# 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.



# What Is Sleep Hygiene Tips Tips For Beginners

**RD Boyd**



**What Is Sleep Hygiene Tips Tips For Beginners:**

## Whispering the Techniques of Language: An Emotional Quest through **What Is Sleep Hygiene Tips Tips For Beginners**

In a digitally-driven world where monitors reign supreme and immediate interaction drowns out the subtleties of language, the profound strategies and emotional nuances hidden within phrases often get unheard. However, set within the pages of **What Is Sleep Hygiene Tips Tips For Beginners** a interesting fictional prize pulsing with organic feelings, lies an exceptional journey waiting to be undertaken. Published by a talented wordsmith, that charming opus invites readers on an introspective trip, delicately unraveling the veiled truths and profound affect resonating within the cloth of each and every word. Within the mental depths of this moving evaluation, we will embark upon a honest exploration of the book is key styles, dissect their charming publishing type, and fail to the strong resonance it evokes heavy within the recesses of readers hearts.

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