



Establish a
nighttime routine



Get up and go to
sleep at the same time



Create a healthy
sleep environment



Turn off electronics
an hour before bed

Impactful Sleep Hygiene Practices



Limit caffeine



Exercise



Reduce stress



Avoid large, fatty
meals prior to sleeping

Why Sleep Hygiene Tips Step Plan For Experts

Marek Grabowski



Why Sleep Hygiene Tips Step Plan For Experts:

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Prevention Magazine's 2000 Everyday Health Tips for Better Health and Happiness, 1993

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Lee Haroun, 2011 From life management to job search skills discover the first steps toward navigating your health care career Packed with tips and suggestions this practical guide teaches the skills needed to achieve success in school and beyond with an encouraging up

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