

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 Explained

**John Harvey Kellogg, James Thomas
Case**

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Your Best Life – A Doctor’s Secret Guide to Radiant Health Over 40 Louise Wiseman,2020-10-28 Louise tells the story of how a near fatal pneumonia as an NHS GP and mother of two transformed her life and way of thinking about health In this personal narrative of how she had it all and then nearly lost it she explains how she sought even better health after her recovery

The Meaning of Pain Nick Potter,2019-05-16 We all fear pain and we will do almost anything to avoid it In The Meaning of Pain renowned osteopath Nick Potter presents a radical new approach to treating chronic pain He draws on insights from biology evolution and social behaviour to help us understand why pain is essential to our survival and how we can manage our experience of it In this sage and enlightening book drawing on 25 years of clinical experience and success stories from his consulting room Potter presents a timely compelling roadmap for wellbeing showing us how to break the vicious cycle of stress pain and anxiety before the damage is done

Identifying the Interdisciplinary Determinants, Biologic Mechanisms, and Best Practices for the Prevention and Elimination of Minority Health Disparities Allison A. Appleton, Lawrence M. Schell, James A. Dias, Wayne J. Riley, 2022-04-01

Choosing the Best Mattress: An Experiment in Testing Whether Individuals Choose a Bed That Leads to Improved Sleep Sean O. Hogan, Jack D. Edinger, Gayle S. Bieler, Andrew D. Krystal, 2011-08-07 A comfortable mattress is said to be an essential ingredient in a good night’s sleep but we have little understanding of the effects of sleep surface on sleep outcomes such as daytime drowsiness or energy Most studies devoted to testing the effects of sleep surface on sleep have been hampered by methodological shortcomings these include having small numbers of subjects and evaluating a narrow array of bedding systems We hypothesized that motion and self reported measures of sleep quality and outcomes would demonstrate that the optimal mattress would differ from person to person We hypothesized that individuals would be able to select one mattress from among several under showroom circumstances that would lead to optimal rest We find that optimal mattress firmness varies among individuals and is reflected at least to a degree by overnight motion When allowed to test mattresses in a typical showroom experience individuals choose a mattress that does not minimize overnight motion and maximize perceived sleep quality This suggests that they may not be receiving the health benefits that come from optimal rest Therefore both manufacturers and sleep scientists could improve sleep outcomes by testing ways to help consumers select a mattress

Managing Stress: Skills for Anxiety Reduction, Self-Care, and Personal Resiliency with Navigate Advantage Access Brian Luke Seaward, 2023-12-22 Managing Stress provides a comprehensive approach to stress management honoring the balance and harmony of the mind body spirit and emotions Referred to as the authority on stress management by students and professionals this book equips students with the tools needed to identify and manage stress while teaching them how to strive for health and balance The holistic approach gently guides the reader to greater levels of mental emotional physical and spiritual well being by emphasizing the importance of mind body spirit unity

Advice to a Wife on the Management of

Her Own Health and on the Treatment of Some of the Complaints Incidental to Pregnancy, Labour, and Suckling Pye Henry Chavasse,1880 Best Practices for Health-system Pharmacy American Society of Health-System Pharmacists,2002
Primary Education ,1921 *Municipal Ordinances, Rules, and Regulations Pertaining to Public Health Adopted 1910-1914 by Cities of the U.S. Having a Population of Over 10,000 in 1910* United States. Public Health Service,1912
The Homiletic Review ,1900 **Best Practices for Hospital & Health-system Pharmacy** American Society of Health-System Pharmacists,2007 **Daniel's Texas Medical Journal** Ferdinand Eugene Daniel,1918 **Popular Educator** ,1922 **Psychology in Everyday Life** David G. Myers,C. Nathan DeWall,2022-05-26 Myers and DeWall s briefest introduction to psychology speaks to students of all kinds making no assumptions about student level or background
An Analysis of the Health Information in Selected Health Education Textbooks for Grades Seven and Eight Donald J. Ludwig,1953 **The Boston Medical and Surgical Journal** ,1905 **Good Health** ,1917 **Health Reformer** John Harvey Kellogg,James Thomas Case,1887 *Advice to a wife on the management of herself* Pye Henry Chavasse,1875
Child-welfare Magazine ,1925

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