

# What Is Sleep Hygiene?

Sleep hygiene involves the behaviors and setup of your environmental setting to facilitate quality sleep. Being mindful of your sleep hygiene is one of the most important ways to maintain effective sleep.

Paying attention to scheduling and what you must do to get effective sleep are all part of your sleep hygiene. Stress, change in environment, and other things in your life can all affect the quality of sleep you get.

# Why Sleep Hygiene Tips Full Tutorial 23557

**O García**



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**Therapies and Treatments** Explore therapies like cognitive behavioral therapy acupuncture hypnosis and other professional treatment options for sleep disorders

**Coping Strategies** Learn how to stay motivated and manage setbacks on your journey to better sleep

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