

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.



How To Start Sleep Hygiene Tips Step Plan

**Alan M. Schwitzer, Amber L.
Pope, Lawrence C. Rubin**



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Lesson Planning for Skills-Based Elementary Health Education Holly Alperin, Sarah Benes, 2021 Over 180 field tested lesson plans learning activities and assessments for implementing a skills based approach in your class This resource is aligned with the National Health Education Standards and comes with a web resource that includes English and Spanish versions of the book s reproducible forms

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digestive problems and troubles with memory and concentration a symptom so common it is often referred to as fibro fog While it is believed that humans have suffered from fibromyalgia for hundreds even thousands of years a delay in medical research means many people living with fibromyalgia are still in the dark confused by their symptoms and what causes the painful disorder By drawing upon decades of advanced research in studying and treating fibromyalgia Mayo Clinic Guide to Fibromyalgia combines anecdotes from real cases with expertise from Mayo Clinic's rheumatology and chronic pain experts to provide an all encompassing guide for understanding one of the most common chronic illnesses affecting Americans today This book also offers reasonable proven strategies like worksheets to help readers craft a personalized daily plan for managing common fibromyalgia symptoms while serving as a comforting guide for those who may feel alone in their journey with fibromyalgia This book breaks down what fibromyalgia is and isn't in 4 separate sections Section 1 introduces fibromyalgia the history and modern discoveries of fibromyalgia research as well as common myths and misconceptions associated with the condition Section 2 outlines the different treatment options available to those who suffer from fibromyalgia including prescription medications therapies and forms of integrative medicine Section 3 offers helpful tips for managing and improving chronic pain through diet exercise sleep and stress management Finally Section 4 explains how to find guidance and support from your family friends and physicians to help you live a life unhindered by fibromyalgia If you're struggling to advance past your painful fibromyalgia symptoms get the book Publisher's Weekly described as the first book a newly diagnosed patient should consult Diagnosis and Treatment Planning Skills Alan M. Schwitzer, Amber L.

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