

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.



Advanced Sleep Hygiene Tips Ideas

Theris A. Touhy, Kathleen F Jett



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Ebersole and Hess' Gerontological Nursing & Healthy Aging - E-Book Theris A. Touhy, Kathleen F Jett, 2016-12-22
Discover a wellness based holistic approach to older adult care Ebersole Hess Gerontological Nursing and Healthy Aging 5th Edition is the only gerontological nursing text on the market that focuses on this thoughtful organic method of care Designed to facilitate healthy aging regardless of the situation or disease process this text goes beyond simply tracking recommended treatments to addressing complications alleviating discomfort and helping older adults lead healthy lives Featuring an updated four color design additional information on long term care evidence based practice boxes safety alerts expanded tables and careful attention to age gender and cultural differences Ebersole Hess Gerontological Nursing and Healthy Aging is the most complete text on the market Focus on health and wellness helps you gain an understanding of the patient s experience Safety Alerts highlight safe practices and quality of care QSEN competencies Careful attention to age cultural and gender differences helps you to understand these important considerations in caring for older adults AACN and the Hartford Institute for Geriatric Nursing core competencies integrated throughout Evidence Based Practice boxes summarize research findings that confirm effective practices or identify practices with unknown ineffective or harmful effects Activities and discussion questions at the end of every chapter equip you with the information that you need to assess the patient Healthy People 2020 boxes integrate information about healthy aging Expanded tables boxes and forms including the latest scales and guidelines for proper health assessment make information easy to find and use NEW New four color design provides a higher level of detail and readability to caregiving procedures NEW New chapter on Caregiving includes expanded coverage of abuse and neglect NEW Expanded content about Long Term and Transitional Care added to chapter six NEW Expanded Safety coverage spans two separate chapters NEW Expanded Nutrition and Hydration content divided into two separate chapters

Ebersole & Hess' Toward Healthy Aging - E-Book Theris A. Touhy, Kathleen F Jett, 2013-08-07
Grounded in the core competencies recommended by the AACN in collaboration with the Hartford Institute for Geriatric Nursing Ebersole Hess Toward Healthy Aging 8th Edition is the most comprehensive resource on health promotion and maintenance for older adults and their caregivers With coverage of communication safety and ethical considerations new genetic research key aging issues and common and uncommon conditions you will have the knowledge you need to promote healthy lifestyle choices properly address end of life issues and provide effective holistic care for older adults Consistent chapter organization with objectives case studies with critical thinking questions and research questions make information easy to access and use A strong focus on health and wellness emphasizes a positive approach to aging Disease processes are discussed in the context of healthy adaptation nursing support and responsibilities Research highlights help incorporate the latest research findings into practice Nutrition chapter includes the most current guidelines for older adults and addresses patients dietary needs Scales and guidelines for proper health assessment provide the essential information for assessing the

older adult patient Case studies with critical thinking questions offer realistic situations to expand your knowledge and understanding Careful attention to age cultural and gender differences are integrated throughout and highlight important considerations when caring for older adults Content grounded in the core competencies offers the knowledge needed to achieve the National League for Nursing ACES program s Essential Nursing Actions and meets the Recommended Baccalaureate Competencies and Curricular Guidelines for the Nursing Care of Older Adults the Geriatric Nursing Education State of the Science Papers and the Hartford Institute for Geriatric Nursing Best Practices in Nursing Care to Older Adults NEW QSEN content highlights quality and safety issues students need to know when treating older patients NEW Chapter covering the role of communication emphasizes the importance of communication in improving care NEW Focus on genetics highlights the vast amount of new genetic research and its effects on all aspects of health and aging NEW Information on ethical considerations explores and illustrates potential issues when dealing with older adults NEW Healthy People 2020 information assists your students in integrating their knowledge about healthy aging considerations into care Sleepiness Michael J. Thorpy, Michel Billiard, 2011-01-27 Written and edited by leading clinicians and researchers in sleep medicine this is the first book to focus on the causes consequences and treatment of disorders of excessive sleepiness Extensive coverage is provided for all known causes of sleepiness including sleep deprivation obstructive sleep apnea syndrome narcolepsy and other hypersomnias of central origin shift work and medical and psychiatric disorders Since many causes of sleepiness are difficult to differentiate from each other and treatment modalities can vary greatly from one disorder to another this book helps the clinician to formulate a differential diagnosis that will ultimately lead to the correct diagnosis Epidemiology evaluation of the sleepy patient diagnostic investigations including neuroimaging subjective and objective testing cognitive effects of sleepiness motor vehicle driving issues medico legal aspects of sleepiness and therapy are also discussed in detail This is an essential resource for neurologists psychiatrists and sleep specialists *Family Medicine* A.K. David, T.A. Jr. Johnson, D.M. Phillips, J.E. Scherger, Robert B. Taylor, 2013-06-29 *Family Medicine Principles and Practice* 5th edition is a comprehensive reference source providing crystal clear guidelines for diagnosing and managing the common acute and chronic problems regularly encountered by the Family Practitioner The expanded fifth edition will utilize a similar format to the fourth edition but will include new chapters and material on health promotion population based health care genetic disorders somatization disorders care of the dying patient disorders of the breast breast cancer developmental issues and behavioral problems of adolescents smoking cessation nutrition and enlightened discussions of controversial topics such as managed care and ethical issues There will also be a new section on Family Practice Applications including Clinical Guidelines and Information Management in Clinical Practice with the latest information on computers in diagnosis and management electronic medical records and quality assurance All editors and primary chapter authors are practicing family physicians giving the reader the advantage of the family medicine experience and viewpoint on every issue This volume

encompasses both the latest developments in family medicine as well as serving as a single source reference for practitioners

Family Medicine Robert Taylor, 2002-09-23 Family Medicine Principles and Practice is a comprehensive reference text providing clear guidelines for diagnosing and managing acute and chronic illnesses regularly seen in family practice The sixth edition will follow the format successfully established with the fourth edition In addition it will include new chapters on Herbal Medicine Hospitalist Medicine Telemedicine Evidence Based Medicine Osteopathic Medicine Effective Office Management Also a whole new section on The Future of Family Medicine will be added All chapters will be completely updated and with new clinical guidelines and references Websites will be included in the references as well

Encyclopedia of Cognitive Behavior Therapy Arthur Freeman, Stephanie Felgoise, 2005-08-19 Since its inception over twenty five years ago this once revolutionary approach to psychotherapy has grown to encompass treatments across the full range of psychological disorders This work brings together all of the key aspects of this field distilling decades of clinical wisdom into one authoritative volume

Textbook of Clinical Neurology Christopher G. Goetz, MD
MD, 2007-09-12 Organized to approach patient problems the way you do this best selling text guides you through the evaluation of neurologic symptoms helps you select the most appropriate tests and interpret the findings and assists you in effectively managing the underlying causes Its practical approach makes it an ideal reference for clinical practice Includes practical evidence based approaches from an internationally renowned team of authors Zeroes in on what you really need to know with helpful tables that highlight links between neurological anatomy diagnostic studies and therapeutic procedures Offers a logical clinically relevant format so you can find the answers you need quickly Features a new updated design for easier reference Includes new full color images and updated illustrations to facilitate comprehension of important concepts Features updated chapters on the latest genetic and immunologic based therapies advances in pharmacology and new imaging techniques Includes an expanded and updated CD ROM that allows you to view video clips of patient examinations download all of the book s illustrations and enhance exam preparation with review questions

Principles and Practice of Sleep Medicine Meir H. Kryger, William C. Dement, 1989 This edition of the book on sleep medicine covers the basic sciences as well as sleep pathology in adults All information has been updated to encompass developments in this field New to this edition are topics related to the area of psychiatry circadian rhythms cardiovascular diseases and sleep apnea treatment and diagnosis

The Merck Manual Home Health Handbook Robert S. Porter, Justin L. Kaplan, Barbara P. Homeier, Richard K. Albert, 2009-10-13 The home reference guide for all health conscious readers that is packed full of essential information in an easy to read style

Advanced Thought and Occult Digest, 1920 [Mississippi Educational Advance ...](#), 1911

Family Medicine, 6E Mindy Ann Smith, Leslie A. Shimp, 2014-06-23 The most convenient and easy to use clinical manual available for outpatient medicine and family practice Doody s Core Titles for 2021 Family Medicine Sixth Edition is the ultimate at a glance guide to the diagnosis and treatment of common primary care problems The book spans the full scope of

ambulatory medicine and is organized according to the flow of patient care starting with insights into signs and symptoms followed by expert disease management recommendations The information is presented in a manner that enables readers to quickly formulate a list of possible diagnosis perform a cost effective diagnostic work up and prescribe therapy The principles of clinical decision making and effective evidence based management strategies are woven throughout The book is completely revised for the sixth edition Full color insert with more than thirty photographs NEW CHAPTERS on inflammatory bowel disease and deep vein thrombosis pulmonary embolism *Singapore Medical Journal* ,1960 **Battle Creek Idea** ,1907 **Popular Science Monthly and World's Advance** ,1922 Basic Nursing Patricia Ann Potter,Anne Griffin Perry,2007 a companion CD that contains additional NCLEX style review questions an audio glossary an English Spanish audio glossary video clips and Butterfield s Fluids and Electrolytes tutorial p xvi **Adult Primary Care** Pamela Vesta Meredith,Nancy Mathes Horan,2000 This resource delivers the hands on knowledge that nurse practitioners need in the primary care setting Renowned authorities briefly review normal anatomy and physiology for each body system and then explain the pathophysiology diagnosis and management of its most common problems The book follows NONPF curriculum guidelines emphasizes evidence based care approaches and treatment guidelines from the AHCPR and NIH and more A *Reference Handbook of the Medical Sciences Embracing the Entire Range of Scientific and Practical Medicine and Allied Science* ,1902 **National Safety News** ,1921 *Annual Statistical Report of the Department of Health* New York (State). Dept. of Health,1911

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