

Tips for positive sleep hygiene



Regularity: To train your body into a regular rhythm, go to bed and get up at the same time every day - even on weekends!



Avoid caffeine before bed: coffee, tea, cola drinks and even chocolate are all stimulants that interfere with the ability to fall asleep.



Bathtime: a hot bath 1-2 hours before bed can be helpful in raising your body temperature, causing you to feel sleepy as it lowers again.



Exercise: Regular exercise is a good idea to help with sleep but try not to do strenuous exercise in the four hours before bed time.



Natural light: Getting as much daylight as possible helps the body to produce melatonin, a natural hormone that promotes sleep.

Sleep when sleepy: Only try to sleep when you actually feel tired, rather than spending too much time lying awake in bed.



No naps!: Try to avoid taking naps throughout the day to ensure you are tired at bedtime.



Sleep diary: Use a written sleep diary or an app to monitor your sleep; you might be able to identify patterns and what helps



Eat right: A healthy balanced diet will help you sleep well, but timing is important - a heavy meal soon before bed can interrupt sleep.



Quick Sleep Hygiene Tips Tips For Experts

Thomas O. Blank



Quick Sleep Hygiene Tips Tips For Experts:

The Top Books of the Year Quick Sleep Hygiene Tips Tips For Experts The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous captivating novels captivating the hearts of readers worldwide. Lets delve into the realm of bestselling books, exploring the captivating narratives that have enthralled audiences this year. Quick Sleep Hygiene Tips Tips For Experts : Colleen Hoover's "It Ends with Us" This touching tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover masterfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can succeed. Quick Sleep Hygiene Tips Tips For Experts : Taylor Jenkins Reid's "The Seven Husbands of Evelyn Hugo" This captivating historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reid's absorbing storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Quick Sleep Hygiene Tips Tips For Experts : Delia Owens' "Where the Crawdads Sing" This evocative coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens crafts a tale of resilience, survival, and the transformative power of nature, entrancing readers with its evocative prose and mesmerizing setting. These popular novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of compelling stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a masterful and suspenseful novel that will keep you speculating until the very end. The novel is a cautionary tale about the dangers of obsession and the power of evil.

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