

# 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.



# Quick Sleep Hygiene Tips Guide For Creators

**Bernadette McSherry, Yvette Maker**

A red circular graphic with a gradient, appearing as a partial circle on the right side of the slide, overlapping the light blue bar.

## Quick Sleep Hygiene Tips Guide For Creators:

Restrictive Practices in Health Care and Disability Settings Bernadette McSherry, Yvette Maker, 2020-12-13 This volume explores different models of regulating the use of restrictive practices in health care and disability settings The authors examine the legislation policies inspection enforcement and accreditation of the use of practices such as physical mechanical and chemical restraint They also explore the importance of factors such as organisational culture and staff training to the effective implementation of regulatory regimes In doing so the collection provides a solid evidence base for both the development and implementation of effective approaches to restrictive practices that focus on their reduction and ultimately their elimination across health care sectors Divided into five parts the volume covers new ground in multiple respects First it addresses the use of restrictive practices across mental health disability and aged care settings creating opportunities for new insights and interdisciplinary conversations across traditionally siloed sectors Second it includes contributions from research academics clinicians regulators and mental health consumers offering a rich and comprehensive picture of existing regulatory regimes and options for designing and implementing regulatory approaches that address the failings of current systems Finally it incorporates comparative perspectives from Australia New Zealand the Netherlands Germany and England The book is an invaluable resource for regulators policymakers lawyers clinicians consumer advocates and academics grappling with the use and regulation of restrictive practices in mental health disability and aged care contexts

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## Whispering the Techniques of Language: An Mental Journey through **Quick Sleep Hygiene Tips Guide For Creators**

In a digitally-driven world where displays reign great and immediate conversation drowns out the subtleties of language, the profound secrets and emotional nuances hidden within phrases frequently move unheard. However, located within the pages of **Quick Sleep Hygiene Tips Guide For Creators** a charming literary treasure pulsing with natural emotions, lies an exceptional quest waiting to be undertaken. Written by a talented wordsmith, this charming opus attracts readers on an introspective journey, softly unraveling the veiled truths and profound impact resonating within the material of each word. Within the emotional depths of the emotional evaluation, we can embark upon a genuine exploration of the book is key themes, dissect their charming writing style, and yield to the powerful resonance it evokes heavy within the recesses of readers hearts.

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