

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.



Best Sleep Hygiene Tips Ideas For Experts

J Dewey



Best Sleep Hygiene Tips Ideas For Experts:

Whispering the Strategies of Language: An Emotional Quest through **Best Sleep Hygiene Tips Ideas For Experts**

In a digitally-driven earth where displays reign great and immediate conversation drowns out the subtleties of language, the profound strategies and emotional nuances hidden within words frequently get unheard. Yet, nestled within the pages of **Best Sleep Hygiene Tips Ideas For Experts** a fascinating fictional treasure pulsing with natural emotions, lies an exceptional quest waiting to be undertaken. Written by an experienced wordsmith, this wonderful opus invites readers on an introspective journey, lightly unraveling the veiled truths and profound affect resonating within the very material of each and every word. Within the mental depths of the touching review, we can embark upon a honest exploration of the book is core themes, dissect its interesting writing model, and fail to the strong resonance it evokes strong within the recesses of readers hearts.

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