

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.



Expert Sleep Hygiene Tips Guide For Creators

Pascale Carayon



Expert Sleep Hygiene Tips Guide For Creators:

These Are Our Bodies, Foundation Book Leslie Choplin, Jenny Beaumont, 2016-08-01 Easily accessible theologically progressive mainline Christian Education resource on human sexuality Our inherent value and worth comes from God's love for us but our modern world is filled with sexual expression that too often leads us away from the life of Christ As Christians seeking to live a life worthy of our calling and desiring to pass along these values to our children and youth this book explores how we as parents and adults can explore issues of sexuality in the context of our faith A sexuality education resource from a mainline progressive denominational perspective aids the adult reader teacher parent in learning and using skills that enable them to embrace and affirm the wholeness of sexuality and to talk openly and honestly about the connection of sexuality and faith This book grounded from a theological perspective focuses on foundational issues for addressing how we and why we are called to have these conversations in a faithful community to support families The importance of looking at one's sexuality throughout the lifespan through the lenses of decision making faith and daily life respect growth and change behavior responsibility values prayer and intentionality is explored offering a grounding as well as stand alone resource for individuals and churches to build upon

Encyclopedia of Sleep, 2013-01-17 In a world of 24 hour media saturation sleep has become an increasingly fraught enterprise The award winning four volume Encyclopedia of Sleep Four Volume Set is the largest reference either online or in print on the subject of sleep Written to be useful for the novice and the established researcher and clinician Topic areas will include sleep across the life cycle and in other species sleep and women sleep and the elderly pediatric sleep sleep deprivation and loss sleep mechanisms sleep physiology and pathophysiology sleep disorders neurobiology chronobiology pharmacology and impact of other disorders on sleep Recognizing the many fields that are connected to sleep science the editorial team has been carefully chosen to do justice to this highly interdisciplinary field of study The steady growth of researchers and clinicians in the sleep field attests to the continued interest in the scientific study of sleep and the management of patients with sleep disorders and anyone involved in this exciting field should find this work to be an invaluable reference 2013 PROSE Award winner for Multivolume Reference in Science from the Association of American Publishers Thoroughly interdisciplinary looks at sleep throughout the life cycle with exceptional coverage of basic sleep concepts the physiology of sleep as well as sleep disorders of all descriptions Excellent coverage of sleep and special populations covering the lifespan as well as gender and ethnic differences among others Chapters focusing on sleep disorders are grouped under the broad categories classified in the ICD-10 for clear organization so that the reader can effectively access the steps involved in diagnosing and treating these disorders Online version is linked both within the encyclopedia to related content and to external sources such as primary journal content so that users have easy access to more detailed information if needed

Product Safety & Liability Reporter, 2003 *Country Guide*, 1930 *Resources in Education*, 1973 *Handbook of Human Factors and Ergonomics in Health Care and Patient Safety* Pascale

Carayon,2016-04-19 The first edition of Handbook of Human Factors and Ergonomics in Health Care and Patient Safety took the medical and ergonomics communities by storm with in depth coverage of human factors and ergonomics research concepts theories models methods and interventions and how they can be applied in health care Other books focus on particular human Research in Education ,1973 The Literary Digest Edward Jewitt Wheeler,Isaac Kaufman Funk,William Seaver Woods,Arthur Stimson Draper,Wilfred John Funk,1917 *Boys' Life* ,1930 **Buyers' Guide for the Health Care Market** ,2001 *Vogue* ,1913 *American Architect and the Architectural Review* ,1894 **The Delineator** R. S. O'Loughlin,H. F. Montgomery,Charles Dwyer,1922 The Canadian Countryman ,1927 *The Australian Christian Commonwealth* ,1904 *English Mechanic and Mirror of Science and Art* ,1915 *Hunter-trader-trapper* ,1916 **Parents' Magazine & Better Homemaking** ,1929 America s 1 family magazine The American Architect and Building News ,1894 **Popular Mechanics Magazine** ,1921

Reviewing **Expert Sleep Hygiene Tips Guide For Creators**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is truly astonishing. Within the pages of "**Expert Sleep Hygiene Tips Guide For Creators**," an enthralling opus penned by a highly acclaimed wordsmith, readers attempt an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve into the book's central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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