

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.



Ultimate Sleep Hygiene Tips Explained For Experts 12078

Harry Sandor



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2004-2005 Ed Bowker Staff, Staff Bowker, Ed, 2004 **The Art of Restful Sleep: Practical Sleep Hygiene Tips**
Fingley, 2024 **Sleep Hygiene Tips** Harry Sandor, 2021-07-08 Are you getting enough sleep at night Do you have
problems falling asleep or staying asleep According to the National Institutes of Health NIH about 1 in 3 American Adults do
not get healthy amounts of sleep And stress can make the problem even worse This book is split into four sections covering
the most important aspects of sleep hygiene Part I Create a Restful Sleep Environment Part II Follow a Healthy Sleep
Routine Part III Eat a Soporific Diet Part IV Implement a Relaxing Bedtime Ritual **Insomnia Uncovered A**
Comprehensive Guide to Better Sleep Willow R. Stone, 2023-01-01 Sleep is the reset button for our minds and bodies
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understanding and overcoming insomnia This comprehensive book covers everything you need to know about insomnia from
the science of sleep to sleep hygiene fundamentals diet and nutrition relaxation techniques and sleep aids and medications
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Readers will then learn about sleep hygiene fundamentals creating a sleep friendly environment establishing a bedtime
routine and reducing screen time before bed Insomnia Uncovered also covers diet and nutrition for better sleep sleep
promoting foods foods to avoid before bedtime and supplements for sleep Readers will also learn about relaxation techniques
including deep breathing exercises progressive muscle relaxation visualization techniques and mindfulness and meditation In
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emphasizes the importance of maintaining sleep success staying consistent with sleep habits overcoming setbacks and
implementing long term sleep improvement strategies Whether you are experiencing occasional sleeplessness or chronic

insomnia Insomnia Uncovered A Comprehensive Guide to Better Sleep is the perfect guide With clear explanations real world examples and practical tools and techniques this book will help you take control of your sleep and achieve better health and well being Table of Contents Understanding Insomnia The science of sleep Types of insomnia Causes of insomnia Sleep Hygiene Fundamentals Creating a sleep friendly environment Establishing a bedtime routine Reducing screen time before bed Diet and Nutrition for Better Sleep Sleep promoting foods Foods to avoid before bedtime Supplements for sleep Relaxation Techniques Deep breathing exercises Progressive muscle relaxation Visualization techniques Mindfulness and Meditation Introduction to mindfulness Guided meditation for sleep Body scan meditation Cognitive Behavioral Therapy CBT for Insomnia The principles of CBT Challenging negative sleep thoughts Sleep restriction therapy Sleep Aids and Medications Over the counter sleep aids Prescription sleep medications The risks and benefits of sleep aids Natural Remedies for Insomnia Herbal remedies Aromatherapy Homeopathy Exercise and Sleep The benefits of regular exercise Best exercises for promoting sleep When to exercise for optimal sleep Managing Stress and Anxiety Identifying stressors Stress reduction techniques Dealing with nighttime anxiety Sleep Disorders Sleep apnea Restless legs syndrome Narcolepsy Sleep Tracking and Technology Sleep trackers and apps Sleep promoting gadgets Blue light blocking devices Bedtime Rituals and Routines Relaxing activities before sleep Preparing for the next day Sleep Positions and Posture Best sleep positions for comfort Pillow and mattress recommendations Sleep posture and pain relief Sleep and Aging Sleep changes with age Addressing sleep issues in older adults Tips for improving sleep in seniors Sleep and Hormones Hormonal imbalances and sleep Sleep during menopause Sleep and testosterone Children and Sleep Sleep needs for different ages Bedtime routines for children Addressing sleep issues in kids Napping Strategies The benefits of napping Power napping techniques When and how long to nap Travel and Jet Lag Tips for sleeping well while traveling Managing jet lag Sleep aids for travel Sleep and Shift Work The impact of shift work on sleep Strategies for better sleep for shift workers Sleep friendly work environments Maintaining Sleep Success Staying consistent with sleep habits Overcoming setbacks Long term sleep improvement strategies

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