

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.



How To Sleep Hygiene Tips Explained For Experts

CL Gary



How To Sleep Hygiene Tips Explained For Experts:

Unveiling the Power of Verbal Artistry: An Mental Sojourn through **How To Sleep Hygiene Tips Explained For Experts**

In some sort of inundated with screens and the cacophony of quick interaction, the profound energy and emotional resonance of verbal beauty frequently disappear in to obscurity, eclipsed by the continuous assault of noise and distractions. Yet, situated within the lyrical pages of **How To Sleep Hygiene Tips Explained For Experts**, a fascinating function of literary elegance that impulses with natural emotions, lies an remarkable trip waiting to be embarked upon. Written with a virtuoso wordsmith, that enchanting opus courses readers on a mental odyssey, gently exposing the latent potential and profound affect embedded within the delicate internet of language. Within the heart-wrenching expanse of this evocative examination, we can embark upon an introspective exploration of the book is main styles, dissect their captivating writing type, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

<https://wwwnew.greenfirefarms.com/data/browse/Documents/Cima%20P3%20Study.pdf>

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