

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.



Pro Sleep Hygiene Tips Explained 9413

L Cohen



Pro Sleep Hygiene Tips Explained 9413:

Pro Sleep Hygiene Tips Explained 9413 Book Review: Unveiling the Magic of Language

In an electronic era where connections and knowledge reign supreme, the enchanting power of language has become much more apparent than ever. Its power to stir emotions, provoke thought, and instigate transformation is truly remarkable. This extraordinary book, aptly titled "**Pro Sleep Hygiene Tips Explained 9413**," compiled by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we shall delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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web 1 sodium hydroxide solution is poured into a beaker of hydrochloric acid which contains a thermometer showing room temperature 2 the beaker now contains sodium chloride and water and the

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web reacting two solutions eg acid and alkali place the polystyrene cup inside the glass beaker to make it more stable

measure an appropriate volume of each liquid eg 25 cm³ 3 place one of the

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web for reactions involving acetic acid or ammonia the measured enthalpy change of neutralization is a few kJ less

exothermic than with strong acids and bases for example one source which gives the enthalpy change of neutralization of sodium hydroxide solution with HCl as 57.9 kJ mol⁻¹

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web sep 20 2014 i will illustrate this with some examples when an acid is neutralised by an alkali the reaction is exothermic

eg 1 HCl(aq) + NaOH(aq) → NaCl(aq) + H₂O(l) for which ΔH = 57 kJ mol⁻¹ eg 2 HNO₃(aq) + KOH(aq) → KNO₃(aq) + H₂O(l) for which ΔH = 57 kJ mol⁻¹

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web the enthalpy change of neutralisation is defined as the enthalpy change when solutions of an acid and alkali react

together to produce one mole of water for example HCl(aq) + NaOH(aq) → NaCl(aq) + H₂O(aq) you can see that one mole of water is

produced when one mole of HCl or one mole of NaOH reacts

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