

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.



Simple Sleep Hygiene Tips Explained 10153

JG Myers



Simple Sleep Hygiene Tips Explained 10153:

The book delves into Simple Sleep Hygiene Tips Explained 10153. Simple Sleep Hygiene Tips Explained 10153 is a vital topic that must be grasped by everyone, ranging from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Simple Sleep Hygiene Tips Explained 10153, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:
 - Chapter 1: Introduction to Simple Sleep Hygiene Tips Explained 10153
 - Chapter 2: Essential Elements of Simple Sleep Hygiene Tips Explained 10153
 - Chapter 3: Simple Sleep Hygiene Tips Explained 10153 in Everyday Life
 - Chapter 4: Simple Sleep Hygiene Tips Explained 10153 in Specific Contexts
 - Chapter 5: Conclusion
 2. In chapter 1, this book will provide an overview of Simple Sleep Hygiene Tips Explained 10153. The first chapter will explore what Simple Sleep Hygiene Tips Explained 10153 is, why Simple Sleep Hygiene Tips Explained 10153 is vital, and how to effectively learn about Simple Sleep Hygiene Tips Explained 10153.
 3. In chapter 2, the author will delve into the foundational concepts of Simple Sleep Hygiene Tips Explained 10153. This chapter will elucidate the essential principles that need to be understood to grasp Simple Sleep Hygiene Tips Explained 10153 in its entirety.
 4. In chapter 3, this book will examine the practical applications of Simple Sleep Hygiene Tips Explained 10153 in daily life. This chapter will showcase real-world examples of how Simple Sleep Hygiene Tips Explained 10153 can be effectively utilized in everyday scenarios.
 5. In chapter 4, this book will scrutinize the relevance of Simple Sleep Hygiene Tips Explained 10153 in specific contexts. This chapter will explore how Simple Sleep Hygiene Tips Explained 10153 is applied in specialized fields, such as education, business, and technology.
 6. In chapter 5, the author will draw a conclusion about Simple Sleep Hygiene Tips Explained 10153. The final chapter will summarize the key points that have been discussed throughout the book.
- This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Simple Sleep Hygiene Tips Explained 10153.

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