

# Sleep hygiene



**Sleep hygiene** refers to good sleep habits. The following are some ways of establishing and maintaining healthy sleep routines, and can provide long-term solutions to sleep difficulties:

## Routines

*Teach your body to get ready for sleep*

- Go to bed and get up at regular times
- Develop a personal, relaxing, pre-bed routine e.g. stretching or breathing exercises
- A hot bath 1-2 hours before bed or a warm glass of milk can help
- Teach your body to link 'bed' with 'sleeping' - avoid using the bed to eat, work, read, or use electronic devices



## Environment

*Are your surroundings suitable for sleep?*

- A cooler room with enough blankets for warmth is best
- Use heavy curtains/blinds, an eyemask and/or earplugs to block out light and noise



## Diet, exercise and napping

*What you do in the day impacts your sleep at night*

- Avoid naps, or restrict naps to less than 1 hour before 3pm
- Avoid caffeine, nicotine, and alcohol at least 4-6 hours before bed
- Avoid looking at bright screens (e.g. phone, tablet) 2-3 hours before bed
- Exercise regularly but avoid strenuous exercise within 4 hours of bedtime
- Maintain a balanced diet but avoid a large meal soon before bed



## Reactions

*How we respond to poor night's sleep can help make or break a poor sleep cycle*

- If you can't fall asleep after about 20 minutes, get up, do a calm or boring activity until you feel sleepy, then return to bed
- Avoid frequently checking the clock at night
- Try to do everything you had planned for the day, even if you slept poorly the night before



# Expert Sleep Hygiene Tips Tips For Students

**Edward Clafin**



## **Expert Sleep Hygiene Tips Tips For Students:**

**Handbook of Supportive Oncology and Palliative Care** Ann Berger, Pamela Hinds, Christina Puchalski, 2018-12-21  
Handbook of Supportive Oncology and Palliative Care is a practical guide to providing evidence based and value based care to adult and pediatric cancer patients experiencing severe symptoms and stressors due to cancer diagnosis cancer treatment and comorbid conditions This accessible reference provides the art and science behind the whole person and family approach to care by delivering the best practices to relieving a cancer patient s symptoms across physical psychosocial and spiritual dimensions Unlike other resources this book covers all dimensions of palliative care but with a special emphasis on primary palliative care Part One of the handbook provides the essential background and principles of supportive oncology and palliative care including chapters on understanding the adult and pediatric patient and family illness experience the roles and responsibilities of the palliative care team and the art of the palliative care assessment interview Part Two covers symptom management and includes ten chapters considering the major physical and psychosocial symptoms a cancer patient may face neurologic cardiac respiratory gastrointestinal genitourinary psychiatric sleep and fatigue pain and psychosocial and spiritual distress Part Three addresses special considerations and issues that an oncologist physician nurse or other healthcare provider often face in these settings including chapters on intimacy sexuality and fertility issues grief and bereavement running a family meeting care for the caregiver and survivorship Written by expert clinicians this state of the art handbook is a necessary resource for any oncologist nurse primary care physician psychosocial expert or related practitioner who endeavors to improve quality of life and provide healing to those suffering from cancer and its treatment  
**Key Features** Provides the binding principles of palliative care for pediatrics adults and families from diverse cultures and spiritual beliefs Easy to read format makes extracting content fast and convenient for both the clinical and educational setting Guides the clinician and practitioner through the palliative care assessment process including the appropriate questions for the palliative care interview

**Practice of Sleep Medicine** Boris A. Stuck, Joachim T. Maurer, Angelika A. Schlarb, Michael Schredl, Hans-Günter Weeß, 2021-07-11 The book provides an overview of the entire field of sleep medicine from the basics of sleep physiology to the diagnosis and treatment of specific sleep disorders It offers a valuable introduction to the field of sleep medicine but also serves as a reference work on all aspects of clinical practice including diagnosis differential diagnosis and treatment of all relevant sleep disorders in children and adults It starts by presenting sleep physiology and the classification of sleep disorders and explains in detail all the relevant diagnostic measures in the field Based on these introductory chapters it discusses the relevant sleep disorders including insomnia sleep related breathing disorders hypersomnia sleep wake rhythm disorders parasomnia sleep related movement disorders and secondary sleep disorders as well as various isolated symptoms In addition an entire chapter is dedicated to sleep disorders in children Drawing on the long time experience of five board certified sleep physicians with different professional backgrounds the book

reflects the interdisciplinary nature of sleep medicine It includes the current international classification systems as well as scoring rules and clinical guidelines It is intended for physicians and therapists from various specialities including internal medicine e g pulmonology and cardiology psychology psychiatry neurology paediatrics otorhinolaryngology and general medicine who are interested in sleep medicine It also serves as a textbook in these specialties To optimize its clinical value a uniform structure is used for the various chapters including practical tips comprehension questions and clinical case presentations

How to Sleep Well Neil Stanley,2018-07-27 It has never been more important to sleep well Stop sabotaging your own sleep and finally wake up energised and refreshed How to Sleep Well is a guidebook that can change your sleep and help you live your life more fully Whether you struggle to fall asleep sleep too lightly wake too often or simply cannot wake up this book can help you get on track to sleeping well and living better It all starts with the science of sleep how much you really need what your body does during sleep and the causes behind many common sleep problems Next you ll identify the things in your life that are disrupting your sleep cycle and learn how to mitigate the impact whether the pressure of workplace or you simply cannot quiet your own mind these expert tips and tricks will help you get the sleep you need Finally you ll learn how to support healthy sleep during the waking hours what works with or against your sleep and you ll learn when the problem might be best dealt with by your GP Don t spend another restless night waiting for a bleary groggy morning and sleepy day Take control of your sleep tonight Learn how sleep or a lack thereof affects every aspect of your life Identify the root causes of your sleep issues and cut them off at the source Discover the sleep advice that works and the tips that are just plain daft Create a healthy calming bedtime routine that will help you get the rest you need Sleep affects everything Work and school performance relationships emotional outlook your appearance and even your health Sleeping poorly or not sleeping enough can dramatically impact your quality of life but most sleep problems can be solved with a bit of self adjustment How to Sleep Well puts a sleep expert with over 36 years experience at your disposal to help you finally get the restful restorative sleep you need to live better and be productive

*Peak Performance* Brad Stulberg,Steve Magness,2017-06-06 A transfixing book on how to sustain peak performance and avoid burnout Adam Grant New York Times bestselling author of Option B Originals and Give and Take An essential playbook for success happiness and getting the most out of ourselves Arianna Huffington author of Thrive and The Sleep Revolution I doubt anyone can read Peak Performance without itching to apply something to their own lives David Epstein New York Times bestselling author of The Sports Gene A few common principles drive performance regardless of the field or the task at hand Whether someone is trying to qualify for the Olympics break ground in mathematical theory or craft an artistic masterpiece many of the practices that lead to great success are the same In Peak Performance Brad Stulberg a former McKinsey and Company consultant and writer who covers health and the science of human performance and Steve Magness a performance scientist and coach of Olympic athletes team up to demystify these practices and demonstrate how you can achieve your best The first book of its kind Peak

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**Routledge Handbook of Global Mental Health Nursing**

Edilma Yearwood, Vicki Hines-Martin, 2016-09-19. Awarded second place in the 2017 AJN Book of the Year Awards in Psychiatric and Mental Health Nursing. I welcome at long last a book on global mental health targeted to nurses, the front-line health worker for billions of people around the world. The roles that nurses can and should play in mental health care are diverse, and this book addresses both well-trodden as well as emerging concerns across the continuum of care from promotion to prevention to treatment. Importantly at the heart of this diversity is the foundation of compassion and care, the hallmark of the nursing profession. Vikram Patel, Professor of International Mental Health and Wellcome Trust Principal Research Fellow in Clinical Science, Centre for Global Mental Health, London School of Hygiene and Tropical Medicine, UK. Psychiatric disorders have consistently been identified as serious and significant global burdens of disease, yet meeting the needs of people in mental distress has not often been a priority in health care. This important reference work sets out the knowledge base for understanding the state of mental health care globally and translating that into effective practice. The Handbook provides a historical and contemporary context of mental health care, identifies and discusses evidence-based standards of care and strategies for mental health promotion, and explores the need to deliver care from interdisciplinary and community-based models, placing these imperatives within a human rights and empowerment framework. It is made up of four core sections which look at key and emerging issues that affect global mental health practice and research, including the social context of health, evidence-based health promotion strategies for major areas of practice internationally, a range of country studies reflecting different problems and approaches to mental health and mental health care internationally, and what constitutes empowering practice. The only comprehensive work looking at global perspectives on mental health nursing, this is an invaluable reference for all students, academics, and professionals involved in mental health research with an interest in global or cross-cultural issues.

**Hot Tips from the Experts**, 1988. Practice-proven techniques, tactics, and methods for improving a family law practice are offered in this text, developed from 1986 and 1987 Annual Meeting programs.

**Everyday Health Tips** Kim Edward Anderson, 1988. A collection of facts and information designed to improve daily

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