

# 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.



# Trending Sleep Hygiene Tips Explained

**Renée Carrière Vallée**



## **Trending Sleep Hygiene Tips Explained:**

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clock causes circadian rhythm disorders Circadian rhythms and their relation to health outcomes in the globalised hyper world of the 21st century are now understood to be extremely important **Popular Health Almanac** ,1875 *Popular Science* Arthur Mee,1912 *Chamber's Journal of Popular Literature, Science and Arts* ,1876 *The Book of Popular Science* ,1929 *Popular Education in Public Health* Sir Allen Daley,Hester Viney,1927 **Primary Education, Popular Educator** ,1927 **Natural, Alternative, and Complementary Health Care Practices** Roxana Huebscher,Pamela A. Shuler,2004 Outlining natural alternative and complementary therapies for common outpatient conditions this manual includes Shuler s nurse practitioner practice model for problem focused holistic assessment It is organized by body system focusing on interventions followed by a reference section **K-I-S-S Beauty** Stephanie Pedersen,2001 Provides advice on skin body and hair care *Oxford Textbook of Geriatric Medicine* Jean-Pierre Michel,B. Lynn Beattie,Finbarr C. Martin,Jeremy D. Walston,2018 The third edition of the definitive international reference book on all aspects of the medical care of older persons will provide every physician involved in the care of older patients with a comprehensive resource on all the clinical problems they are likely to encounter as well as on related psychological philosophical and social issues **Sleep Research** ,1996

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