

Tips for positive sleep hygiene



Regularity: To train your body into a regular rhythm, go to bed and get up at the same time every day - even on weekends!



Avoid caffeine before bed: coffee, tea, cola drinks and even chocolate are all stimulants that interfere with the ability to fall asleep.



Bathtime: a hot bath 1-2 hours before bed can be helpful in raising your body temperature, causing you to feel sleepy as it lowers again.



Exercise: Regular exercise is a good idea to help with sleep but try not to do strenuous exercise in the four hours before bed time.



Natural light: Getting as much daylight as possible helps the body to produce melatonin, a natural hormone that promotes sleep.

Sleep when sleepy: Only try to sleep when you actually feel tired, rather than spending too much time lying awake in bed.



No naps!: Try to avoid taking naps throughout the day to ensure you are tired at bedtime.



Sleep diary: Use a written sleep diary or an app to monitor your sleep; you might be able to identify patterns and what helps



Eat right: A healthy balanced diet will help you sleep well, but timing is important - a heavy meal soon before bed can interrupt sleep.



Quick Sleep Hygiene Tips Step Plan For Experts

**Architects' Small House Service
Bureau of Minnesota, Southern Pine
Association**

Quick Sleep Hygiene Tips Step Plan For Experts:

Whispering the Strategies of Language: An Emotional Journey through **Quick Sleep Hygiene Tips Step Plan For Experts**

In a digitally-driven world where displays reign great and immediate transmission drowns out the subtleties of language, the profound strategies and mental subtleties hidden within words often move unheard. Yet, situated within the pages of **Quick Sleep Hygiene Tips Step Plan For Experts** a charming literary value pulsating with fresh emotions, lies an extraordinary journey waiting to be undertaken. Composed by an experienced wordsmith, this charming opus invites readers on an introspective trip, lightly unraveling the veiled truths and profound influence resonating within ab muscles fabric of each and every word. Within the mental depths of this moving review, we can embark upon a sincere exploration of the book is primary styles, dissect their fascinating publishing style, and fail to the strong resonance it evokes serious within the recesses of readers hearts.

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