

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



How To Sleep Hygiene Tips Explained For Beginners

Rosina Ehmann



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Inside Out Healing: The Complete Beginner's Guide to Gut Health Mark Carl, 2025-12-30 Your gut is more than a digestive organ it's the command center of your health Inside Out Healing introduces you to the science and simplicity of gut wellness Designed for beginners this book explains how your gut microbiome affects immunity mood and overall vitality and how small daily choices can make a big difference Learn which foods support gut balance how to identify triggers like stress and processed ingredients and how probiotics sleep and hydration work together for lasting health With practical meal ideas lifestyle tips and clear explanations this guide helps you reset your gut restore harmony and feel alive again from the inside out

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How to Sleep Rafael Pelayo, 2020-12-08 Easy to read and comprehensive This book offers real practical guidance Matthew Walker PhD bestselling author of *Why We Sleep* A MindBodyGreen Health the difference between transient and chronic insomnia and how to treat each strategies to combat jet lag how lifestyle choices affect your sleep including exercise even ten minutes helps meditation try it right before bed and food and drink alcohol is a double edged sword it may help you fall asleep faster but it often interferes with staying asleep There's advice for the bedroom on white noise machines ambient temperature what to look for in a pillow and answers to our most pressing questions from when to see a sleep medicine specialist to how aging affects our sleep All in all it's a sure prescription to help you sleep better wake up refreshed and live a healthier life

Sleep and Perinatal Psychiatric Disorders Verinder Sharma, Laura Palagini, 2025-09-13 This book provides an up to date overview of sleep disturbance in perinatal psychiatric disorders There is accumulating scientific evidence that psychiatric illnesses such as anxiety disorders obsessive compulsive disorder and post traumatic stress disorder can begin or recur during the peripartum period However the general lack of awareness of their common occurrence coupled with an exclusive focus on screening for perinatal depression may lead to

their underdiagnosis or misdiagnosis This book intends to create an awareness of the ubiquity of sleep loss and insomnia in the peripartum period and its potential role in the onset and exacerbation of various psychiatric disorders Divided into five sections the book s first section is a discussion of adverse pregnancy delivery and fetal outcomes of prenatal psychiatric disorders Section II describes the effect of common peripartum psychiatric disorders including mood and anxiety disorders obsessive compulsive disorder and post traumatic stress disorder on sleep and vice versa The three chapters of Section III deal with the screening evaluation diagnosis and prevention of peripartum psychiatric disorders Section IV focuses on the pharmacological and psychotherapeutic treatment of peripartum insomnia and the effect of breastfeeding on maternal sleep The concluding section discusses the importance of targeting sleep loss and insomnia in the treatment of various psychiatric disorders during and after pregnancy Sleep and Perinatal Psychiatric Disorders A Comprehensive Guide for Clinicians and Researchers will be a valuable resource for clinicians of various backgrounds including psychiatrists psychologists primary care providers internal medicine physicians sleep medicine specialists and obstetricians Due to its focus on recent advances in research and new directions in the field the book will also appeal to researchers

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How to Sleep Better Deepa Kannan,2023-12-14 Did you know that 10 30 per cent of adults struggle with chronic insomnia In How to Sleep Better Allied Functional Medicine and Ayurvedic health counsellor Deepa Kannan explores the root causes of poor sleep and provides expert tips and advice that will enhance the quality and duration of your resting hours and rejuvenate your life She explains how and why we sleep what our body does while we rest and the reasons behind many common sleep problems She also enlightens us on how to use each of our ten senses or indriyas mentioned in the Upanishads the eyes ears nose skin tongue rectum genitals legs hands and mouth effectively to enjoy a restful night This comprehensive guide offers an easy to adapt prescriptive lifestyle programme that will empower us with incredible tools for a healthier life

Sleep Easy Bernice Tuffery,2021-02-15 Say goodbye to lousy sleep with this six week step by step programme to help you kick insomnia to the curb forever Bad sleep sucks Sleep deficiency defies our biology and sabotages our days Yet more than a third of us struggle to get to sleep or stay asleep at night We can shake off the odd sleepless night but when sleep difficulties persist things start to unravel Sleep debt takes its toll on our mood energy and productivity It affects our behaviour around food and exercise as well as eroding our immunity even our mental and physical health As our best efforts to help ourselves fail or perpetuate the problem we can feel disillusioned disempowered and frustratingly stuck You re not alone and there is a way through This six week step by step guide will help you sleep easy Bernice Tuffery fed up after years of compromised

sleep made it her mission to learn how to sleep well again She d tried early nights warm baths a bit of yoga and meditation but nothing worked Even natural supplements over the counter sleep aids melatonin and at times sleeping pills failed to deliver a sustainable solution As a qualitative market researcher she was determined to know how to sleep naturally again She discovered a proven natural and very learnable way to improve chronic sleep difficulties Cognitive Behavioural Therapy for insomnia CBTi is recognised internationally by sleep experts as the gold standard treatment for insomnia But with a lack of awareness a severe shortage of experts offering it and virtually no public funding for treatment in New Zealand and Australia it s hard and expensive to access From her discussions with sleep professionals extensive research and her lived experience of restoring her own sleep Bernice shares her knowledge with humour and heart Confident that CBTi can be self taught she offers this practical and inspiring insiders guide to getting a good night s sleep

Understanding the Nursing Process Mary Ellen Murray, Leslie D. Atkinson, 1994 Fully revised expanded the fifth edition of this successful introductory text simply easily explains the nursing process offers a consistent framework for approaching patient care Emphasis is on the practical direct as students are guided through fundamental care planning situations by the use of case studies exercises A pocket sized appendix on diagnosis updated to include the latest NANDA guidelines definitions adds significantly to the usefulness of the book

Sleep Disorders Sourcebook Jenifer Swanson, 1999 This Sourcebook will help readers identify symptoms of major sleep disorders including insomnia sleepwalking sleep apnea restless leg syndrome narcolepsy and their treatment options It describes sleep requirements sleep changes through the lifespan sleep medications and the cost of sleep deprivation to society

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guide to nursing diagnosis Across the continuum case study and critical pathway example from ambulatory clinic setting to hospital to home care

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Journal of Health, Physical Education, Recreation ,1963 *Sleep Medicine* Teofilo L. Lee-Chiong,Michael Sateia,Michael J. Sateia,Mary A. Carskadon,2002 This important new book is a comprehensive and highly practical reference on all aspects of sleep disorders edited by and with contributions by the major authorities on contemporary sleep medicine The most user friendly book on the diagnosis and management of sleep disorders this text is authoritative enough to stand as the major reference in the field and practical enough for everyday use in the office or sleep center A major reference in one of the most important yet relatively underpublished areas of medicine The text is interspersed with lists of key points figures and or diagrams Highly practical yet comprehensive and authoritative

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