

# SLEEP HYGIENE

Five effective tips to establish a healthy sleeping habits

**Stay clear of stimulants late in the day.**



avoid beverages and foods that contain caffeine

**Do a regular exercise.**



regular exercise routine can help contribute to improved sleep.

**Stick to a consistent sleep schedule.**



going to bed and waking up at the same time every day

**Create a relaxing bedtime/pre-bedtime routine.**



any relaxing activity about an hour before bed helps creates a smoother transition.

**Unplug an hour before bed.**

Keep screen use to a minimum, at least an hour before bed,



**Keep your room cool and comfortable.**

ideal room for sleeping is cool, quiet, and dark.



**Avoid foods that can disrupt sleep.**

when you lie down right after a big meal, your digestive juices are still cranking.



# How To Sleep Hygiene Tips Full Tutorial 16326

**Harry Sandor**



## How To Sleep Hygiene Tips Full Tutorial 16326:

*Esquire Fortnightly*, 1978-07      **Esquire**, 1978-07      **The Art of Restful Sleep: Practical Sleep Hygiene Tips**  
Fingley, 2024      *Sleep Hygiene Tips* Harry Sandor, 2021-07-08 Are you getting enough sleep at night Do you have problems  
falling asleep or staying asleep According to the National Institutes of Health NIH about 1 in 3 American Adults do not get  
healthy amounts of sleep And stress can make the problem even worse This book is split into four sections covering the most  
important aspects of sleep hygiene Part I Create a Restful Sleep Environment Part II Follow a Healthy Sleep Routine Part III  
Eat a Soporific Diet Part IV Implement a Relaxing Bedtime Ritual      Effective Guide on How to Sleep Well Every Day Vitaliv  
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