

# 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



# Pro Sleep Hygiene Tips Online For Beginners 16179

**M Tight**



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## Adopting the Beat of Appearance: An Emotional Symphony within **Pro Sleep Hygiene Tips Online For Beginners 16179**

In a world used by monitors and the ceaseless chatter of immediate interaction, the melodic elegance and emotional symphony produced by the written word usually fade into the backdrop, eclipsed by the constant sound and disruptions that permeate our lives. But, located within the pages of **Pro Sleep Hygiene Tips Online For Beginners 16179** an enchanting literary prize full of natural feelings, lies an immersive symphony waiting to be embraced. Crafted by an outstanding musician of language, this interesting masterpiece conducts visitors on an emotional trip, well unraveling the concealed melodies and profound affect resonating within each carefully crafted phrase. Within the depths with this touching review, we can discover the book is main harmonies, analyze their enthralling publishing design, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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