

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.



Advanced Sleep Hygiene Tips Tips For Beginners

Yan Bai



Advanced Sleep Hygiene Tips For Beginners:

Whispering the Secrets of Language: An Psychological Journey through **Advanced Sleep Hygiene Tips Tips For Beginners**

In a digitally-driven earth where screens reign great and immediate communication drowns out the subtleties of language, the profound techniques and emotional subtleties concealed within phrases usually move unheard. However, located within the pages of **Advanced Sleep Hygiene Tips Tips For Beginners** a charming literary prize sporting with fresh emotions, lies an exceptional journey waiting to be undertaken. Written by a talented wordsmith, this marvelous opus attracts readers on an introspective journey, gently unraveling the veiled truths and profound impact resonating within the very fabric of each and every word. Within the psychological depths with this touching evaluation, we can embark upon a genuine exploration of the book is primary subjects, dissect its captivating publishing style, and succumb to the strong resonance it evokes serious within the recesses of readers hearts.

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