

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



Easy Sleep Hygiene Tips Explained For Beginners 27256

Harry Sandor



Easy Sleep Hygiene Tips Explained For Beginners 27256:

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

Sleep Disorders For Dummies Max Hirshkowitz,Patricia B. Smith,2011-04-27 When the last dinner dishes have been put away and the evening news is over most of us think about going to bed But for the millions who suffer from a chronic sleep disorder going to bed doesn't necessarily mean going to sleep And for millions more who experience occasional sleep disturbances nighttime might not be such a picnic either Now there's an easy to follow guide to help you get a good night's rest Sleep Disorders For Dummies is for anyone who has trouble sleeping or has a loved one who suffers from a sleep disorder Written by a sleep specialist and a medical reporter this no-nonsense guide helps you Prevent and manage sleep disorders Improve your sleep habits Find relief from your symptoms Ask your doctor the right questions Enhance the quality of sleep This fact-packed guide walks you through the different types of sleep disorders including sleep apnea insomnia narcolepsy and restless legs syndrome You'll discover the causes and symptoms of each disorder the various medical conditions that can disrupt sleep and the most common treatments Plus you'll see how to use good nutrition and exercise to promote sounder sleep and avoid known sleep disrupters such as caffeine and problem foods The authors also give you solid reassuring advice on Finding the right doctor to diagnose and treat your sleep disorder Managing stress and anxiety Turning your bedroom into a sleep sanctuary Choosing between the different types of sleep clinics Handling sleep disorders in children Featuring savvy tips on preventing jet lag sleeping well if you work the night shift and getting kids to bed without fuss Sleep Disorders for Dummies will help you get your zzzzzzzzs

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Table of Contents Easy Sleep Hygiene Tips Explained For Beginners 27256

1. Understanding the eBook Easy Sleep Hygiene Tips Explained For Beginners 27256
 - The Rise of Digital Reading Easy Sleep Hygiene Tips Explained For Beginners 27256
 - Advantages of eBooks Over Traditional Books
2. Identifying Easy Sleep Hygiene Tips Explained For Beginners 27256
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Easy Sleep Hygiene Tips Explained For Beginners 27256
 - User-Friendly Interface

4. Exploring eBook Recommendations from Easy Sleep Hygiene Tips Explained For Beginners 27256
 - Personalized Recommendations
 - Easy Sleep Hygiene Tips Explained For Beginners 27256 User Reviews and Ratings
 - Easy Sleep Hygiene Tips Explained For Beginners 27256 and Bestseller Lists
5. Accessing Easy Sleep Hygiene Tips Explained For Beginners 27256 Free and Paid eBooks
 - Easy Sleep Hygiene Tips Explained For Beginners 27256 Public Domain eBooks
 - Easy Sleep Hygiene Tips Explained For Beginners 27256 eBook Subscription Services
 - Easy Sleep Hygiene Tips Explained For Beginners 27256 Budget-Friendly Options
6. Navigating Easy Sleep Hygiene Tips Explained For Beginners 27256 eBook Formats
 - ePub, PDF, MOBI, and More
 - Easy Sleep Hygiene Tips Explained For Beginners 27256 Compatibility with Devices
 - Easy Sleep Hygiene Tips Explained For Beginners 27256 Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Easy Sleep Hygiene Tips Explained For Beginners 27256
 - Highlighting and Note-Taking Easy Sleep Hygiene Tips Explained For Beginners 27256
 - Interactive Elements Easy Sleep Hygiene Tips Explained For Beginners 27256
8. Staying Engaged with Easy Sleep Hygiene Tips Explained For Beginners 27256
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Easy Sleep Hygiene Tips Explained For Beginners 27256
9. Balancing eBooks and Physical Books Easy Sleep Hygiene Tips Explained For Beginners 27256
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Easy Sleep Hygiene Tips Explained For Beginners 27256
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Easy Sleep Hygiene Tips Explained For Beginners 27256
 - Setting Reading Goals Easy Sleep Hygiene Tips Explained For Beginners 27256
 - Carving Out Dedicated Reading Time

12. Sourcing Reliable Information of Easy Sleep Hygiene Tips Explained For Beginners 27256
 - Fact-Checking eBook Content of Easy Sleep Hygiene Tips Explained For Beginners 27256
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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