

# HEALTHY SLEEP HABITS



Improve your sleep with some positive lifestyle changes and consistent sleep habits

## 1 REGULAR SLEEP SCHEDULE

Try to maintain a consistent sleep pattern 7 days a week. Getting up at the same time every day can help.



## 2 RELAXING BEDTIME ROUTINE

Spend time before bed relaxing: read a book, meditate, stretch, do yoga, have a shower or bath. Avoid difficult conversations, activities or work.



## 3 AVOID STIMULANTS

Don't drink caffeine, sugary or energy drinks in the evening. Avoid nicotine before bed. Only drink alcohol in moderation at night, if at all.



## 4 GOOD SLEEP ENVIRONMENT

Keep your bedroom clean, tidy and comfortable. Use a quality mattress and bedding. Keep the bedroom aired, and a temperature between 60 -70 °F (17-21 °C)



## 5 BLOCK OUT NOISE AND LIGHT

Make sure the bedroom is dark and quiet. Use blackout curtains or a sleep mask. Use earplugs, white noise, a fan or music to mask external noise.



## 6 ONLY SLEEP AND INTIMACY

Only use the bed for sleep and intimacy with a partner. Avoid watching TV or using other devices in bed. That will help associate the bed with sleep.



## 7 EXERCISE AND DAYLIGHT

Try to do regular exercise, but not too intense before bedtime. Spend time outside in the daylight. Even a short walk during the day can improve sleep.



## 8 EAT WELL

Try to eat a balanced, healthy diet. Avoid heavy, fatty, fried or spicy food late in the evening if you get indigestion. Bananas, yogurt or healthy cereal are good bedtime snacks.



# How To Use Sleep Hygiene Tips

**David G. Myers, C. Nathan DeWall**



## **How To Use Sleep Hygiene Tips Tips:**

Vigyaksha: 2025- Volume 1- Issue 3 ,2025-10-15 Vigyaksha is a modern science magazine dedicated to illuminating the world through the lens of scientific vision Rooted in the Sanskrit words Vigyan science and Aksha eye vision Vigyaksha represents a powerful union of knowledge and perception a platform where evidence meets insight Created for scientists researchers innovators educators students and intellectually curious minds Vigyaksha explores the frontiers of discovery across a wide spectrum of disciplines Biotechnology Pharmaceutical Sciences Medical Sciences Agricultural Science Food Science along with Life Sciences Environmental Science Artificial Intelligence Climate Change Public Health Neuroscience and Sustainable Technology Through in depth articles expert interviews research highlights data driven features and visionary commentary Vigyaksha bridges complex science with engaging storytelling In an age overwhelmed by information we believe in clarity credibility and curiosity Vigyaksha is more than a publication it is a movement to sharpen scientific vision and foster a more informed thoughtful world *Restless Legs Syndrome and Movement Disorders, An Issue of Sleep Medicine Clinics* Denise Sharon,2015-09-17 Dr Denise Sharon has put together an expert panel of authors on the topic of Restless Legs Syndrome and Movement Disorders The comprehensive list of articles includes Restless Legs Syndrome across the Globe Neuroimaging in Restless Legs Syndrome What s in the family of the RLS WED patient Clinical Diagnosis and Diagnostic Criteria Non pharmacological management myths vs science Sleep Bruxism Leg Cramps Hypnic Jerks and more

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*Study in Health Instruction for Intermediate School Grades* Detroit (Mich.). Board of Education, 1930  
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