

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.



Advanced Sleep Hygiene Tips Ideas For Beginners

**Marie Louise Caltabiano, Lina
Ricciardelli**



Advanced Sleep Hygiene Tips Ideas For Beginners:

Whispering the Strategies of Language: An Emotional Journey through **Advanced Sleep Hygiene Tips Ideas For Beginners**

In a digitally-driven world where screens reign great and instant conversation drowns out the subtleties of language, the profound secrets and psychological subtleties concealed within words often get unheard. However, located within the pages of **Advanced Sleep Hygiene Tips Ideas For Beginners** a interesting fictional treasure pulsating with raw feelings, lies a fantastic quest waiting to be undertaken. Published by a talented wordsmith, this enchanting opus attracts readers on an introspective trip, lightly unraveling the veiled truths and profound influence resonating within ab muscles material of every word. Within the mental depths with this moving evaluation, we shall embark upon a sincere exploration of the book is primary themes, dissect its charming publishing style, and yield to the effective resonance it evokes deep within the recesses of readers hearts.

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