

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.



Ultimate Sleep Hygiene Tips Guide For Creators

Richard Bailey



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Surfacing best practices for AI software development and integration in healthcare Mark Sendak, Suresh Balu, Xiao Liu, Karandeep Singh, Sylvia Trujillo, David Vidal, 2023-06-08 *Horizon in Frontotemporal Lobar Degeneration Related Disorder* Liyong Wu, Pedro Rosa-Neto, Zhanjun Zhang, Kewei Chen, Qin Chen, Boon Lead Tee, 2023-10-16 Frontotemporal lobar degeneration FTL D encompasses a spectrum of focal neurodegenerative disorders with progressive atrophy of the frontal and temporal lobes FTL D related disorders are heterogeneous clinical conditions characterized by social dysfunction and personality changes as well as impairments in language executive and motor functions Current clinical diagnostic criteria characterize specific manifestations of FTL D including transtemporal behavioral dementia bvFTD primary progressive aphasia with agrammatic variant avPPA and semantic variant svPPA subtypes and movement disorders including progressive supranuclear palsy PSP corticobasal syndrome CBS and FTD with amyotrophic lateral sclerosis FTD ALS Country Guide, 1930 Farmers' Guide, 1897 **Proceedings - Offshore Technology Conference**, 1999 Coach-makers' International Journal, 1917 Medical Conditions and Massage Therapy Tracy Walton, 2020-09-01 With this book's streamlined innovative approach you'll learn how to manage and assess medical information in order to determine massage contraindications Bazaar Exchange and Mart, and Journal of the Household, 1876 **A Seniors Guide to YouTube: How to Build Your YouTube Channel in Retirement** Virginia Grant, Have you ever thought about sharing your stories hobbies or expertise with the world through YouTube but weren't sure where to start Whether you're looking for a creative outlet a way to connect with others or even a source of extra income in retirement this book is designed to help you navigate the process with confidence Covering everything from setting up your channel to filming editing and growing an audience this step by step guide makes YouTube accessible no technical experience required Learn how to create engaging videos using simple equipment optimize your content for discovery and build a channel that reflects your unique interests and personality Designed specifically for seniors this book breaks down the essentials in an easy to follow conversational style It addresses common concerns such as feeling camera shy understanding YouTube's monetization options and avoiding the pitfalls that discourage many new creators Whether you want to document your travels share your knowledge start a passion project or turn YouTube into a business this book gives you the tools and confidence to get started **Sunset to Sunrise: A Guide to a Fulfilling Retirement** M.N. Ashraf, 2025-05-02 What do you do when the applause fades the work emails stop and silence sets in After 44 years of a vibrant purpose driven career M N Ashraf stepped into retirement with dreams of peace but quickly found himself facing a deep and unexpected void What followed was a journey through sleepless nights emotional uncertainty and a profound questioning of identity worth and direction This book was born from that journey A Hand Book on Retirement is more than just advice it's a deeply personal exploration of what it truly means to retire With warmth wisdom and raw honesty Ashraf speaks directly to those who are approaching experiencing or grappling with the

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