

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.



Top Method For Sleep Hygiene Tips Ideas

Padhraic Smyth



Top Method For Sleep Hygiene Tips Ideas:

The book delves into Top Method For Sleep Hygiene Tips Ideas. Top Method For Sleep Hygiene Tips Ideas is an essential topic that needs to be grasped by everyone, ranging from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Top Method For Sleep Hygiene Tips Ideas, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:
 - Chapter 1: Introduction to Top Method For Sleep Hygiene Tips Ideas
 - Chapter 2: Essential Elements of Top Method For Sleep Hygiene Tips Ideas
 - Chapter 3: Top Method For Sleep Hygiene Tips Ideas in Everyday Life
 - Chapter 4: Top Method For Sleep Hygiene Tips Ideas in Specific Contexts
 - Chapter 5: Conclusion
 2. In chapter 1, this book will provide an overview of Top Method For Sleep Hygiene Tips Ideas. The first chapter will explore what Top Method For Sleep Hygiene Tips Ideas is, why Top Method For Sleep Hygiene Tips Ideas is vital, and how to effectively learn about Top Method For Sleep Hygiene Tips Ideas.
 3. In chapter 2, this book will delve into the foundational concepts of Top Method For Sleep Hygiene Tips Ideas. This chapter will elucidate the essential principles that must be understood to grasp Top Method For Sleep Hygiene Tips Ideas in its entirety.
 4. In chapter 3, this book will examine the practical applications of Top Method For Sleep Hygiene Tips Ideas in daily life. The third chapter will showcase real-world examples of how Top Method For Sleep Hygiene Tips Ideas can be effectively utilized in everyday scenarios.
 5. In chapter 4, this book will scrutinize the relevance of Top Method For Sleep Hygiene Tips Ideas in specific contexts. This chapter will explore how Top Method For Sleep Hygiene Tips Ideas is applied in specialized fields, such as education, business, and technology.
 6. In chapter 5, the author will draw a conclusion about Top Method For Sleep Hygiene Tips Ideas. This chapter will summarize the key points that have been discussed throughout the book.
- The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Top Method For Sleep Hygiene Tips Ideas.

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