

# Tips for positive sleep hygiene



**Regularity:** To train your body into a regular rhythm, go to bed and get up at the same time every day - even on weekends!



**Avoid caffeine before bed:** coffee, tea, cola drinks and even chocolate are all stimulants that interfere with the ability to fall asleep.



**Bathtime:** a hot bath 1-2 hours before bed can be helpful in raising your body temperature, causing you to feel sleepy as it lowers again.



**Exercise:** Regular exercise is a good idea to help with sleep but try not to do strenuous exercise in the four hours before bed time.



**Natural light:** Getting as much daylight as possible helps the body to produce melatonin, a natural hormone that promotes sleep.

**Sleep when sleepy:** Only try to sleep when you actually feel tired, rather than spending too much time lying awake in bed.



**No naps!:** Try to avoid taking naps throughout the day to ensure you are tired at bedtime.



**Sleep diary:** Use a written sleep diary or an app to monitor your sleep; you might be able to identify patterns and what helps



**Eat right:** A healthy balanced diet will help you sleep well, but timing is important - a heavy meal soon before bed can interrupt sleep.



# How To Use Sleep Hygiene Tips Usa For Beginners 2578

**M Mark**



**How To Use Sleep Hygiene Tips Usa For Beginners 2578:**

## Whispering the Techniques of Language: An Mental Journey through **How To Use Sleep Hygiene Tips Usa For Beginners 2578**

In a digitally-driven earth wherever monitors reign great and quick interaction drowns out the subtleties of language, the profound techniques and emotional subtleties hidden within words frequently get unheard. However, located within the pages of **How To Use Sleep Hygiene Tips Usa For Beginners 2578** a fascinating literary treasure sporting with raw thoughts, lies a fantastic quest waiting to be undertaken. Written by a skilled wordsmith, that charming opus invites visitors on an introspective trip, lightly unraveling the veiled truths and profound impact resonating within the very cloth of each and every word. Within the emotional depths of the touching review, we shall embark upon a honest exploration of the book is core themes, dissect their charming publishing design, and yield to the strong resonance it evokes serious within the recesses of readers hearts.

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