

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 Explained 27260

Xiang Xie



How To Use Sleep Hygiene Tips Explained 27260:

Whispering the Secrets of Language: An Mental Journey through **How To Use Sleep Hygiene Tips Explained 27260**

In a digitally-driven world where displays reign great and immediate communication drowns out the subtleties of language, the profound secrets and emotional subtleties hidden within phrases frequently go unheard. However, situated within the pages of **How To Use Sleep Hygiene Tips Explained 27260** a captivating fictional treasure pulsating with fresh emotions, lies a fantastic quest waiting to be undertaken. Published by a skilled wordsmith, this wonderful opus invites visitors on an introspective journey, lightly unraveling the veiled truths and profound influence resonating within ab muscles cloth of each and every word. Within the mental depths of the touching evaluation, we will embark upon a genuine exploration of the book is key styles, dissect its charming writing type, and succumb to the strong resonance it evokes strong within the recesses of readers hearts.

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