

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 Sleep Hygiene Tips Online

Kate Chase



Top Sleep Hygiene Tips Online:

Enhancing Geriatric Care: International Collaboration and Best Practices for Aging Populations Peter

Crome, Esther-Lee Marcus, Marios Kyriazis, 2025-10-28 Geriatric Medicine has emerged as a crucial field since its inception in the mid twentieth century by Marjory Warren in England This area of healthcare focuses on the unique needs of the aging population which is rapidly increasing worldwide While some countries have developed comprehensive geriatric care systems including specialized medical professionals community services and palliative care others are still grappling with the challenges of providing adequate services for their elderly citizens The disparity in geriatric care across different nations highlights the need for a global exchange of knowledge and strategies Recent studies have shown that countries with well established geriatric care systems can serve as models for those still developing their services However there remains a significant gap in understanding how these successful frameworks can be adapted and implemented in diverse cultural and economic contexts Addressing this gap is essential for ensuring that all aging populations receive the care and support they need This research topic aims to explore and document the diverse structures and developments of geriatric care across different countries By examining the aging demographics availability of specialized healthcare professionals and existing services this research seeks to identify best practices and innovative strategies that can be shared globally The objective is to foster a collaborative environment where countries can learn from each other's experiences ultimately leading to improved geriatric care worldwide Key questions include how countries with less developed systems can enhance their geriatric care and what role international collaboration can play in this process To gather further insights into the global landscape of geriatric care we welcome Original Research Review Mini review Case Report Clinical Trial and Opinion articles addressing but not limited to the following themes The country specific aging structure of the population An overview of professional and academic healthcare providers Structure of healthcare services for the older patient Country specific challenges and future planning and developments Examples of countries with well established geriatric care systems which served as models for countries still developing their services By sharing research and insights we aim to build a comprehensive body of work that significantly advances progress in geriatric care ensuring that all elderly individuals receive the support and services they deserve

Care Coordination in the NICU Sara L. Mosher, 2018-08-28 Focuses on nurturing the emotional health of patients and families to ensure improved outcomes This innovative clinical practice resource for neonatal nurses embodies family centered care strategies for optimal outcomes through every phase of the NICU experience While rigorous programs provide the knowledge and skills to care for the physical needs of high risk mothers and neonates NICU practitioners often find themselves unprepared to support the emotional health of these patients and their families Care Coordination in the NICU provides the education inspiration and resources to NICU health professionals so they can learn how to be emotionally supportive to their patient's entire family unit The book addresses a variety of challenging patient and family issues that

occur in the NICU as they relate to care coordination throughout the process Each chapter focuses on a particular area of the perinatal neonatal family journey and includes current medical research clinical examples and recommendations for best practice alongside case studies that depict families experiencing a perinatal challenge Most valuable of all each chapter also includes stories directly from the source the families who have experienced the fear isolation and uncertainty of an NICU experience and have greatly benefited from the emotional support of caring practitioners Key Features Examines the gamut of challenging patient and family issues that occur in the NICU as they relate to care coordination throughout the process Helps practitioners to incorporate family centered care into their daily practices Discusses effective listening and communication strategies for families in crisis Includes examples of practice improvement strategies to improve clinical outcome and reduce the risk of re hospitalization Provides a Case Based Learning section depicting real world scenarios for discussion and problem solving Includes links to abundant resources and educational material Contains chapters on palliative care and bereavement and supporting patients with special challenges

Dr. Weinberg's Guide to the Best Health Resources on the Web Harlan R. Weinberg, M.D.,2008-01-02 The Internet can be a vast intimidating place when you're looking for honest informative medical information Sure you can look up thousands of sites on Google at the click of a mouse but how do you know if the advice on a particular site is good or if followed might actually worsen your condition Now Harlan Weinberg a respected critical care doctor has taken on the challenge to provide up to date helpful information for patients and their families about the resources available on the Internet exhaustively researching the Web to provide a directory of the best medical websites Organized by disease or condition and covering nearly one hundred afflictions from AIDS HIV medicine to wound care he offers an annotated list of sites that are both reliable and easy to understand With Dr Weinberg's help you can navigate the Internet with confidence and get the right advice at the right time

Oxford Guide to Low Intensity CBT Interventions James Bennett-Levy,2010-05-13 The Oxford Guide to Low Intensity CBT Interventions is the first ever comprehensive guide to Low Intensity CBT It brings together researchers and clinicians who have led the way in developing evidence based low intensity CBT treatments treatments for those who have hitherto had no access to mental health services

Raising an ADHD Child Fintan O'Regan,Zoe Beezer,2023-09-21 How can I support my child's executive functions Where do I start with medication What can I do to start planning my child's future This guide is a comprehensive and practical look at everything you need to know when parenting a child with ADHD Beginning with the basics you'll get to grips with terminology have popular myths debunked and learn how to effectively communicate with your child as well as understand how to work in tandem with schools medical professionals partners and your extended family Exploring everything from how to harness hyperfocus to supporting and nourishing your child's executive functions this is the ADHD parenting guide to always keep in your back pocket

MEDINFO 2017: Precision Healthcare through Informatics Marie-Christine Jaulent,Dongsheng Zhao,2018-01-15 Medical informatics is a field which continues to evolve with

developments and improvements in foundational methods applications and technology constantly offering opportunities for supporting the customization of healthcare to individual patients This book presents the proceedings of the 16th World Congress of Medical and Health Informatics MedInfo2017 held in Hangzhou China in August 2017 which also marked the 50th anniversary of the International Medical Informatics Association IMIA The central theme of MedInfo2017 was Precision Healthcare through Informatics and the scientific program was divided into five tracks connected and digital health human data science human organizational and social aspects knowledge management and quality and safety and patient outcomes The 249 accepted papers and 168 posters included here span the breadth and depth of sub disciplines in biomedical and health informatics such as clinical informatics nursing informatics consumer health informatics public health informatics human factors in healthcare bioinformatics translational informatics quality and safety research at the intersection of biomedical and health informatics and precision medicine The book will be of interest to all those who wish to keep pace with advances in the science education and practice of biomedical and health informatics worldwide

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