

# 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.



# Quick Sleep Hygiene Tips Step Plan For Experts

**Joacim Rocklöv**



## **Quick Sleep Hygiene Tips Step Plan For Experts:**

## Whispering the Strategies of Language: An Mental Quest through **Quick Sleep Hygiene Tips Step Plan For Experts**

In a digitally-driven earth wherever screens reign supreme and immediate connection drowns out the subtleties of language, the profound techniques and emotional subtleties hidden within phrases frequently go unheard. Yet, nestled within the pages of **Quick Sleep Hygiene Tips Step Plan For Experts** a interesting literary value pulsing with organic thoughts, lies an exceptional quest waiting to be undertaken. Penned by a talented wordsmith, that charming opus encourages visitors on an introspective trip, delicately unraveling the veiled truths and profound impact resonating within the material of each word. Within the mental depths of the poignant review, we will embark upon a genuine exploration of the book is core styles, dissect its fascinating writing style, and yield to the effective resonance it evokes deep within the recesses of readers hearts.

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