

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.



Advanced Sleep Hygiene Tips Guide

Theris A. Touhy, Kathleen F Jett



Advanced Sleep Hygiene Tips Guide:

Basic to Advance Parenting guide Vikash Kumar,2023-11-22 GGKEY F9R7533HSH8 Publisher VKV GROUP Language English File size 1302 KB Approx Text to Speech Not enabled Enhanced typesetting Not Enabled X Ray Not Enabled Word Wise Not Enabled Author VIKASH KUMAR VKV Embark on a transformative parenting odyssey with our comprehensive eBook designed to elevate your skills from fundamental to advanced mastery Whether you re a novice or seasoned parent this guide equips you with practical insights expert advice and evidence based strategies to navigate every stage of your child s development *The Frith Prescribing Guidelines for People with Intellectual Disability* Sabyasachi Bhaumik,Satheesh Kumar Gangadharan,David Branford,Mary Barrett,2015-09-11 The Frith Prescribing Guidelines for People with IntellectualDisability provides comprehensive guidance on prescribing forpatients with intellectual disability as well as generalinformation on the clinical care of this importantpopulation The guidelines have been conceived and developed byclinicians working in intellectual disability services They are based on both the latest evidence and expert opinionto provide a consensus approach to prescribing as part of a holistic package of care and include numerous case examples andscenarios New to this third edition is improved coverage ofchildren and the role of primary care teams The Frith Prescribing Guidelines for People withIntellectual Disability remains a practical guide for busyclinicians and a valuable reference for all primary and secondaryhealth care professionals caring for people with intellectualdisability [Sleep Deprivation Decoded: Worldwide Strategies, Tips, and Techniques for Better Rest](#) Enrique G.,2023-06-01 Are you struggling with sleep deprivation Tossing and turning at night only to wake up feeling exhausted and unrefreshed You re not alone Millions of people around the world are in the same boat But it doesn t have to be this way In [Sleep Deprivation Decoded Worldwide Strategies Tips and Techniques for Better Rest](#) we delve deep into the world of sleep science uncovering practical actionable strategies to combat sleep deprivation and improve your sleep quality Drawing from a wealth of global practices this book offers a unique holistic approach to sleep improvement From mindfulness meditation in the East to cutting edge sleep technology in the West we explore a wide range of techniques designed to help you sleep better feel better and live better We also delve into the role of diet exercise and lifestyle in sleep quality offering personalized advice based on individual circumstances Plus we explore the latest research on the role of technology in sleep improvement from sleep tracking devices to AI and machine learning Whether you re a chronic insomniac or just looking to improve your sleep quality this book is your guide to better sleep It s time to say goodbye to sleepless nights and hello to a healthier happier you So are you ready to embark on your sleep journey Are you ready to transform your sleep your health and your life The journey starts now Let s embark on this exciting adventure together Here s to better sleep better health and a better you Grab your copy of [Sleep Deprivation Decoded](#) today and start your journey towards better sleep and better health **The Body Clock Guide to Better Health** Michael Smolensky,Lynne Lamberg,2001-05 Chronotherapy adjusting the care of the body to coincide with

the body's natural clock is poised to be the next major revolution in medical science. An understanding and awareness of these rhythms will enable readers to maximize the effects of medications, other treatments, diets, exercise programs, and other daily routines. 10 illustrations.

Clinical Practice Guidelines for Midwifery & Women's Health Nell L. Tharpe, Cindy L. Farley, Robin G. Jordan, 2021-01-28. Awarded third place in the 2021 AJN Book of the Year Awards in the Adult Primary Care category. *Clinical Practice Guidelines for Midwifery Women's Health* Sixth Edition is an accessible and easy-to-use quick reference guide for midwives and women's healthcare providers. Thoroughly updated and revised to reflect the changing clinical environment, it offers current evidence-based practice, updated approaches, and opportunities for midwifery leadership in every practice setting. The Sixth Edition features new information on diversity and inclusion, sexual health, opioid disorder, and substance-exposed newborns; the Farley maneuver; care for the individual who is transitioning and after transition; and more timely and relevant topics. *Clinical Practice Guidelines for Midwifery Women's Health* Sixth Edition is the perfect addition to the library of every student, practicing midwife, and women's healthcare provider. Please see the errata for two sections on page 519 of Chapter 8. Outline format allows dense evidence-based information to be absorbed easily and readily. Includes additional information about global standards for midwifery education, documentation essentials, and the foundations of midwifery practice. Covers integrative, alternative, and complementary therapies. Provides a person-centered and holistic approach to care that focuses on partnering with clients throughout the care process. Every new print copy includes an access code to *Navigate Essentials* featuring Chapter Quizzes and the full eBook with new Patient Handouts to help nurses and students better explain the assessments they are providing. Instructor resources include a Test Bank, Slides in PowerPoint format, and Lecture Outlines. Primary Care of Women, Clinical Guidelines, Intrapartum, Postpartum Care of Women, Standards for the Practice of Midwifery, Advanced Women's Health, Reproductive Healthcare for Women, Primary Women's Healthcare Across the Lifespan, Maternal and Well Child Care for Family Nurse Practitioners. 2022. 800 pages.

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