

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.



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Camilla Rothe



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oct 10 2023 many dads and daughters share a special bond that not even death can disrupt if you want to wish your dad a happy birthday in heaven use one of these messages to put a smile on his face 21 dad i know you re in heaven and celebrating your big day today but we sure do miss you down on earth

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mar 20 2023 quotes mom dad brother sister for a friend grandma grandpa son daughter aunt uncle happy birthday in heaven quotes i feel blessed to have had you as a friend and cherish all our memories together i know you re watching over me happy birthday no matter how long you ve been gone i will never forget your birthday missing you so much

[145 best happy birthday dad in heaven wishes messages](#) - Jul 17 2023

happy birthday greetings for father in heaven i couldn t have had a far better father thank you dad for being there for me i remember you today with particularly fond memories i love you significantly happy birthday in heaven dad

125 happy birthday dad in heaven messages and quotes - Sep 19 2023

1 dad i am truly blessed to have had you as a father the lessons you taught me will be with me forever even though you re no longer here i carry your guidance and love with me every day happy birthday in heaven i miss you so much 2 happy birthday in

dad birthday wishes in heaven for facebook whatsapp and - Mar 01 2022

dad your little girl misses you every day when you were with us we used to celebrate like festival and as you are in heaven i am sending angels to celebrate your birthday happy birthday may this day give you tons of happiness and hope you are safe wherever you are in the heaven lots of love hugs and kisses from your little girl

70 special ways to say happy birthday in heaven cake - Jun 04 2022

oct 6 2023 a celebration of life while birthdays are traditionally celebrated with joy and merriment commemorating a birthday in heaven takes on a more reflective tone