

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.



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**Thomas Green, Wayne Franklin, Robert
Tanz**

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Mental Health and Mental Disorders Len Sperry, 2015-12-14 Serving as an indispensable resource for students and general interest readers alike this three volume work provides a comprehensive view of mental health that covers both mental well being and mental illness A three volume ready reference encyclopedia this up to date work supplies a holistic introduction to the fields of mental health and mental disorders that is written specifically for high school students and college students Covering the full continuum of mental health the set describes typical functioning including biology and neurology of the brain emotions and the traits and characteristics of mental well being It also addresses mental disorders and conditions from obsessive compulsive disorder OCD and post traumatic stress disorder PTSD to phobias and schizophrenia Mental Health and Mental Disorders An Encyclopedia of Conditions Treatments and Well Being highlights important concepts and phenomena key individuals treatment techniques organizations and diagnostic tools to give readers a complete view of this broad field of study It also investigates all sides of wellness exploring what it means to be normal and consistently identifying the links between lifestyle and mental health The encyclopedia is consistent with the goals of AP psychology curricula and addresses the various disorders classified in the new edition of the APA Diagnostic and Statistical Manual DSM V TR

Essentials of Psychology Saul Kassin, Gregory J. Privitera, Kristal D. Clayton, 2022-02-14 In Essentials of Psychology authors Saul Kassin Gregory J Privitera and Kristal D Clayton propel students into a clear vibrant understanding of psychological science with an integrative learn by doing approach Students assume the role of a psychologist carrying out experiments and making predictions Compelling storytelling real life examples and the authors active practice approach encourages critical thinking and engagement

Washington Information Directory 2023-2024 CQ Press, 2023-11-21 The Washington Information Directory WID is a topically organized reference resource that lists contact information for federal agencies and nongovernmental organizations in the Washington metro area along with a brief paragraph describing what each organization does related to that topic In addition WID pulls together 55 organization charts for federal agencies congressional resources related to each chapter topic hotline and contact information for various specific areas of interest from Food Safety Resources to internships in Washington and an extensive list of active congressional caucuses and contact details WID has two appendices one with thorough information on congresspersons and committees and the second with governors and embassies

Driver Distraction, Agression, and Fatigue: A Synthesis of the Literature and Guidelines for Michigan Planning F. Streff, H. Spradlin, *Scientific and Technical Aerospace Reports*, 1972

Washington Information Directory 2018-2019 CQ Press, 2018-06-29 The Washington Information Directory is the essential one stop source for information on U S governmental and nongovernmental agencies and organizations Organized topically this thoroughly researched guide provides capsule descriptions and contact information that help users quickly and easily find the right person at the right organization The Washington Information Directory offers three easy ways to find

information by name by organization and through detailed subject indexes It focuses on the Washington metropolitan area an organization must have an office in Washington to be listed It also includes dozens of resource boxes on particular topics organization charts for all federal agencies and information about the FOIA and privacy legislation With more than 10 000 listings and coverage of evolving presidential administration the 2018 2019 Edition features contact information for the following Congress and federal agencies Nongovernmental organizations Policy groups and political action committees Foundations and institutions Governors and other state officials U S ambassadors and foreign diplomats Congressional caucuses

The Complete Mental Health Directory Richard Gottlieb,2006-03 Provides comprehensive coverage of 27 specific mental health disorders from adjustment disorders to tic disorders including a separate section devoted to pediatric and adolescent issues as well as support systems and other resources

Home Almanac Alice Wong,Lena Tabori,2004 Topics found in the six chapters of this almanac include cleaning and organization design and improvements maintenance and repairs entertaining and etiquette and more

Pediatrics: Just the Facts Thomas Green,Wayne Franklin,Robert Tanz,2004-06-22 Everything a resident or clinician needs to know about pediatric medicine in a concise bulleted format Written by a preeminent team of clinicians from the top children s hospitals in the country this quick reference and board review is organized according to the clinical issues tested on the Board of Pediatrics Examination

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The Complete Mental Health Directory ,2004 Mental Disorders Mental Health Associations Organizations Government Agencies Clinical Management Pharmaceutical Companies

Best Beginnings Brenda Hussey-Gardner,1999

The Live Better/live Longer Resourcebook Richard A. Herman,1994

Primary Care Joanne K. Singleton,1999 This contemporary primary care text provides comprehensive coverage of the conditions most frequently seen in primary care In this single source readers can find holistic coverage including diagnostic criteria epidemiology including cultural and socioeconomic factors prevention risk identification and screening indicated lab studies and how to order interpret and react to abnormal findings physical exam treatment options including risks and benefits and alternative complementary approaches flow charts for management outcomes evaluation follow up care teaching and self care community health services and resources and clinical pearls

Runner's World ,2006

Journal of the American Dietetic Association ,1995

The Gale Encyclopedia of Nursing & Allied Health Jacqueline L. Longe,2006 Volume 1 5 covering entries A Z presents information on diseases and disorders tests and procedures body systems health professions and current health issues

Good Housekeeping ,1965

Driver Distraction, Aggression, and Fatigue Frederick Michael Streff,2000

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