

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)



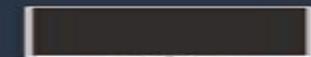
5 BLOCK OUT NOISE AND LIGHT

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.



Trending Sleep Hygiene Tips Explained For Experts

L Darling-Hammond



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Modern Practices and Trends in Expert Applications and Security Vijay Singh Rathore, Subrahmanyam Murala, Eva Tuba, Man Mohan Singh, 2025-08-20 This book is a collection of best selected research papers presented at the International Conference on Modern Practices and Trends in Expert Applications and Security MP TEAS 2024 This book contains articles on current trends of machine learning internet of things and smart cities applications emphasizing on multi disciplinary research in the areas of artificial intelligence and cyber physical systems The book is a great resource for scientists research scholars and PG students to formulate their research ideas and find future directions in these areas

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Popular Educator, 1923

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illustrate pharmacological or adverse effects of drugs Contextualised for Australian and New Zealand students Includes life span gender cultural considerations where relevant Comprehensive Drugs at a Glance table in each chapter **Yearbook of Experts, Authorities and Spokespersons** Mitchell P. Davis,1998-10 K-I-S-S Beauty Stephanie Pedersen,2001 Provides advice on skin body and hair care **Circadian Rhythms and Health Research Trends** Alfredo V. Lignelli,2007 A circadian rhythm is a roughly 24 hour cycle in the physiological processes of living beings including plants animals fungi and cyanobacteria The term circadian comes from the Latin circa around and dies day meaning literally about a day The formal study of biological temporal rhythms such as daily weekly seasonal and annual rhythms is called chronobiology In a strict sense circadian rhythms are endogenously generated although they can be modulated by external cues such as sunlight and temperature Most of a person s body systems demonstrate circadian variations The body systems with the most prominent circadian variations are the sleep wake cycle the temperature regulation system and the endocrine system The malfunctioning of a person s circadian system or biological clock causes circadian rhythm disorders Circadian rhythms and their relation to health outcomes in the globalised hyper world of the 21st century are now understood to be extremely important **Journal of Health, Physical Education, Recreation** ,1930 Chamber's Journal of Popular Literature, Science and Arts ,1876 **Chambers's Journal of Popular Literature, Science and Arts** ,1877 *Popular Science Monthly* ,1925 American Physical Education Review ,1929 Includes abstracts of magazine articles and Book reviews Literary Digest ,1916 Digest; Review of Reviews Incorporating Literary Digest ,1916 *The Literary Digest* ,1916 Cumulated Index Medicus ,1989 **Popular Mechanics Magazine** ,1924 Journal of the Outdoor Life ,1925 *Prevention* ,2006-03 Prevention magazine provides smart ways to live well with info and tips from experts on weight loss fitness health nutrition recipes anti aging diets *Popular Science* Arthur Mee,1912

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