

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.



How To Use Sleep Hygiene Tips Full Tutorial

Michal Rosen-Zvi



How To Use Sleep Hygiene Tips Full Tutorial:

The book delves into How To Use Sleep Hygiene Tips Full Tutorial. How To Use Sleep Hygiene Tips Full Tutorial is a vital topic that needs to be grasped by everyone, ranging from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into How To Use Sleep Hygiene Tips Full Tutorial, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:
 - Chapter 1: Introduction to How To Use Sleep Hygiene Tips Full Tutorial
 - Chapter 2: Essential Elements of How To Use Sleep Hygiene Tips Full Tutorial
 - Chapter 3: How To Use Sleep Hygiene Tips Full Tutorial in Everyday Life
 - Chapter 4: How To Use Sleep Hygiene Tips Full Tutorial in Specific Contexts
 - Chapter 5: Conclusion
 2. In chapter 1, this book will provide an overview of How To Use Sleep Hygiene Tips Full Tutorial. This chapter will explore what How To Use Sleep Hygiene Tips Full Tutorial is, why How To Use Sleep Hygiene Tips Full Tutorial is vital, and how to effectively learn about How To Use Sleep Hygiene Tips Full Tutorial.
 3. In chapter 2, this book will delve into the foundational concepts of How To Use Sleep Hygiene Tips Full Tutorial. This chapter will elucidate the essential principles that need to be understood to grasp How To Use Sleep Hygiene Tips Full Tutorial in its entirety.
 4. In chapter 3, the author will examine the practical applications of How To Use Sleep Hygiene Tips Full Tutorial in daily life. This chapter will showcase real-world examples of how How To Use Sleep Hygiene Tips Full Tutorial can be effectively utilized in everyday scenarios.
 5. In chapter 4, this book will scrutinize the relevance of How To Use Sleep Hygiene Tips Full Tutorial in specific contexts. The fourth chapter will explore how How To Use Sleep Hygiene Tips Full Tutorial is applied in specialized fields, such as education, business, and technology.
 6. In chapter 5, the author will draw a conclusion about How To Use Sleep Hygiene Tips Full Tutorial. The final chapter will summarize the key points that have been discussed throughout the book.
- This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of How To Use Sleep Hygiene Tips Full Tutorial.

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