

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 Ideas For Beginners

American Lung Association

The logo of the American Lung Association, featuring a stylized red and white graphic of a person's head and shoulders.

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Psychology Marie Louise Caltabiano,Lina Ricciardelli,2012-08-14 This selection of in depth critical and comprehensive chapters on topical issues in applied health psychology features the work of key researchers and practitioners in the Australasian health system and deals with both theoretical and methodological aspects of the subject The first health psychology text aimed specifically at regional postgraduate trainees Covers an array of topics and issues and focuses on applied aspects of clinical health and health promotion Includes both specialized topics and new frontiers of research Contextualizes health psychology teaching and learning for Australasian students *The Oxford Handbook of Infant, Child, and Adolescent Sleep and Behavior* Amy R. Wolfson,Hawley E. Montgomery-Downs,2013-09-05 Since the early 20th century parenting books pediatricians and other health care providers have dispensed recommendations regarding children s sleep that frequently involved behavioral and educational approaches In the last few decades however psychologists and other behavioral scientists and clinicians have amassed a critical body of research and clinical recommendations regarding

developmental changes in sleep sleep hygiene recommendations from infancy through adolescence and behaviorally oriented treatment strategies for children and adolescents The Oxford Handbook of Infant Child and Adolescent Sleep and Behavior provides a comprehensive and state of the art review of current research and clinical developments in normal and disordered sleep from infancy through emerging adulthood The handbook comprises seven sections sleep and development factors influencing sleep assessment of sleep and sleep problems sleep challenges problems and disorders consequences of insufficient sleep sleep difficulties associated with developmental and behavioral risks and prevention and intervention Written by international experts in psychology and related disciplines from diverse fields of study and clinical backgrounds this handbook is a comprehensive resource that will meet the needs of clinicians researchers and graduate students with an interest in the multidisciplinary and emerging field of child and adolescent sleep and behavior *Sleep Medicine* Sudhansu Chokroverty, Michel Billiard, 2015-09-22 This comprehensive volume provides a balanced and easily readable account of the rise of modern sleep medicine its history and developmental milestones Authored by an international group of experts the remarkable progress and fascinating evolution from rudimentary concepts of the ancient prehistoric and early classical periods to our contemporary knowledge are covered in detail These examples and their relationship to modern therapies offer neurologists psychiatrists respiratory specialists clinicians researchers and those interested in sleep medicine an important perspective to the origins of current practice Circadian Physiology Roberto Refinetti PhD., 2016-04-19 While the first edition of the critically acclaimed and highly popular Circadian Physiology offered a concise but rigorous review of basic and applied research on circadian rhythms this newest edition provides educators with the primary textbook they need to support a course on this cutting edge topic Maintaining the same accessible multidisciplinary Competencies in Sleep Medicine Kingman P. Strohl, 2014-01-11 Competencies in Sleep Medicine provides the knowledge and curriculum needed for a Sleep Medicine Training Program The approach is consistent with the goals of the Accreditation Council for Graduate Medical Education ACGME which asks programs to develop specific and targeted approaches to each program that covers the material presented in the Training Program Authored by leaders in the field each chapter focuses on an area of knowledge and skills in sleep medicine and offers appropriate examples of instruction and assessment These principles and protocols for training can be used by a program to address weaknesses assess trainees in a standardized fashion and provide additional measurable benchmarks Those who judge trainee progress and achievement will find Competencies in Sleep Medicine to be the standard resource for defining and achieving student learning outcomes while encouraging autonomous learning

Marilu Henner's Total Health Makeover Marilu Henner, 2010-12-21 When Was The Last Time You Felt Really Healthy Now s the time to create the healthy balanced life you want and become the truly vibrant happy person you were meant to be Combining good humor with solid science Marilu Henner provides essential information on every aspect of health and fitness including Detoxing your body Preventing or alleviating health conditions from obesity to cancer The secrets of stress

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Science Monthly and World's Advance ,1922 **Singapore Medical Journal** ,1960 **Popular Science Monthly and World Advance** ,1928 Battle Creek Idea ,1907 **Hazell's Annual Cyclopaedia** ,1886 *Bulletin* American Lung Association,1918 **Hygeia** ,1926 **Bulletin of the National Association for the Study and Prevention of Tuberculosis** National Association for the Study and Prevention of Tuberculosis (U.S.),1914 **Annual Report** New York (State). Department of Health,1911 The vital statistics are included in the annual report **Documents of the Senate of the State of New York** New York (State). Legislature. Senate,1911 Medical Counselor and Michigan Journal of Homeopathy ,1900

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web the initial rate law is then measured for each of the reactions consider the reaction between nitrogen monoxide gas and hydrogen gas to form nitrogen gas and water vapor the following data were collected for this reaction at 1280 text O text C see table below notice that the starting concentrations of ce_{NO} and ce_H

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that you have carried me to this point of my life where i will be graduating from high school father although the workload is heavy and the end seems unreachable i know you can take me through it all