

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.



What Is Sleep Hygiene Tips Tips For Beginners

Max Hirshkowitz, Patricia B. Smith



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Sleep Disorders For Dummies Max Hirshkowitz, Patricia B. Smith, 2011-04-27 When the last dinner dishes have been put away and the evening news is over most of us think about going to bed But for the millions who suffer from a chronic sleep disorder going to bed doesn't necessarily mean going to sleep And for millions more who experience occasional sleep disturbances nighttime might not be such a picnic either Now there's an easy to follow guide to help you get a good night's rest Sleep Disorders For Dummies is for anyone who has trouble sleeping or has a loved one who suffers from a sleep disorder Written by a sleep specialist and a medical reporter this no nonsense guide helps you Prevent and manage sleep disorders Improve your sleep habits Find relief from your symptoms Ask your doctor the right questions Enhance the quality of sleep This fact packed guide walks you through the different types of sleep disorders including sleep apnea insomnia narcolepsy and restless legs syndrome You'll discover the causes and symptoms of each disorder the various medical conditions that can disrupt sleep and the most common treatments Plus you'll see how to use good nutrition and exercise to promote sounder sleep and avoid known sleep disrupters such as caffeine and problem foods The authors also give you solid reassuring advice on Finding the right doctor to diagnose and treat your sleep disorder Managing stress and anxiety Turning your bedroom into a sleep sanctuary Choosing between the different types of sleep clinics Handling sleep disorders in children Featuring savvy tips on preventing jet lag sleeping well if you work the night shift and getting kids to bed without fuss Sleep Disorders for Dummies will help you get your zzzzzzzzs

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