

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.



Ultimate Sleep Hygiene Tips Step Plan For Beginners

Nietsnie Trebla, Shelf Indulgence

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45 Must-Know Sleep Science Insights in 7 Minutes Each Nietsnie Trebla, Shelf Indulgence, **Ultimate Wellness** Prof. Kerryn Phelps, 2013-02-01 Are you stuck in a health rut Stressed out overtired overweight and under par Maybe you sleep less and drink more than you should You know you need to make changes now rather than wait for the big health crisis but how In **Ultimate Wellness** Professor Kerryn Phelps AM one of Australia's best known and most respected GPs shares her simple but effective 3 step approach to ultimate wellbeing Kerryn shows you how to assess your health make a plan for improvement and change your mindset to ensure you stick to your goals She demonstrates how a little bit of effort one step at a time will make an enormous difference to how you feel Along the way she provides answers to your most common health questions How do I find the right health professional What really works when it comes to weight loss How do I integrate complementary and conventional treatments Do I need to take vitamins and other supplements How much exercise is ideal and how much can I get away with Why can't I get a good night's sleep How much alcohol is too much What can I do to overcome stress and fatigue Informative accessible and achievable this is your complete plan for getting better staying well and achieving ultimate wellness [Fundamentals of Health and Meditation](#) Mickey Dev, 2023-11-27 **Fundamentals of Health and Meditation** is a labor of love and an exploration of the profound relationship between our well being and the age old practice of meditation This book is born from the belief that health is not merely the absence of disease but the harmonious balance of the body mind and spirit It is a holistic journey into the core principles that underpin our well being offering a deeper understanding of the interplay between our physiological and psychological selves As we embark on this journey together we will unravel the fundamental elements of health and meditation embracing both the scientific and spiritual facets of this ageless wisdom We will delve into the science behind the healing power of meditation exploring its effects on stress immunity and longevity Simultaneously we will honor the ancient wisdom that transcends cultures and generations offering a timeless source of inner peace and self discovery **Best Holistic Life Magazine April 2024** Jana Short, 2024-04-01 Embark on an exhilarating voyage towards self empowerment with the April 2024 **Best Holistic Life Magazine** edition Just as March's issue ignited a spark of transformation this edition continues to be a beacon of holistic innovation transcending the ordinary to guide you on a revolutionary journey of holistic enlightenment and self mastery In this special edition we explore the profound insights of Oliver Ni o best selling author of *The Spiritual Activator* and esteemed spiritual healer to celebrities Join us on a personal spiritual journey guided by Oliver Ni o acclaimed as the author of **Best Holistic Life Magazine's** *Spiritual Book of the Year 2024* Brace yourself for an inspirational expedition where every page reveals a tapestry of knowledge insights and transformative practices [The Cancer Recovery Guide](#) Prof. Kerryn Phelps, 2015-07-01 From Australia's most trusted GP Professor Kerryn Phelps AM comes a comprehensive accessible and compassionate guide for cancer patients and their families and carers A cancer diagnosis is a difficult life event and just the beginning of a long and challenging journey

Professor Phelps has provided care to numerous cancer patients over many years and knows the issues they face Her philosophy is always to empower patients with the information they need to improve their wellbeing in whatever way possible In The Cancer Recovery Guide Professor Phelps provides expert advice on what to do when you are first diagnosed how to get the best from your medical team what to expect from cancer specific treatments and how to manage side effects medically proven complementary therapies to help manage pain stress fatigue and reduced immunity the role of sleep exercise and nutrition in easing the effects of treatment and facilitating recovery strategies for both patients and carers to cope with the emotional toll of cancer Based on the latest research clinical experience and a deep practical knowledge of the healthcare system this is an indispensable guide to dealing with our most feared but most common disease *Exploring Psychology* David G. Myers,C. Nathan DeWall,June Gruber,2024-10-02 In this brief text Myers and DeWall help you look at the world from the perspective of a psychological scientist relating psychology ideas and applications to your own thoughts feelings and behavior [Psychology in Everyday Life](#) David G. Myers,C. Nathan DeWall,2022-05-26 Myers and DeWall s briefest introduction to psychology speaks to students of all kinds making no assumptions about student level or background *Best Life* ,2006-12 Best Life magazine empowers men to continually improve their physical emotional and financial well being to better enjoy the most rewarding years of their life *Health Promotion Throughout the Life Span - E-Book* Carole Edelman,Elizabeth C. Kudzma,2021-11-12 Health Promotion Throughout the Life Span E Book *Psychology in Everyday Life (High School)* David G. Myers,C. Nathan DeWall,2022-11-23 Psychology in Everyday Life is an interesting a relevant discovery of how the principles of psychology appear all around you This is a brief and engaging textbook that you will actually like to read [Exploring Psychology in Modules](#) David G. Myers,C. Nathan DeWall,2021-10-06 The modules version of Myers DeWall s bestseller Exploring Psychology with its exceptionally current coverage set out in 49 brief segments **Psychology (High School Edition)** David G. Myers,C. Nathan DeWall,June Gruber,2024-05-02 The number 1 bestselling intro to psychology in an exhaustively updated new edition **Psychology** David G. Myers,C. Nathan DeWall,June Gruber,2023-10-10 The number 1 bestselling intro to psychology in an exhaustively updated new edition *Normal Instructor and Primary Plans* ,1926 *Gary Null's Ultimate Anti-aging Program* Gary Null,1999 In this companion volume to the PBS special real people offer moving testimonials detailing how their lives have been permanently changed by this highly personalized anti aging program **The Ultimate Safe Money Guide** Martin D. Weiss,Weiss Ratings, Inc.,2002-02-11 Choosing profitable investments Getting unbiased professional advice Avoiding Insurance Brokerage and other scams Protect Your Wealth and Well Being Now and for Years to Come In light of the new risks our country and our economy are facing entering your fifties with an effective financial and personal plan for your future is now more crucial than ever to make sure you can truly enjoy your golden years The Ultimate Safe Money Guide was especially designed to help you map out your plan in this new environment so that you can stop worrying about your money and just

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