

Sleep hygiene



Sleep hygiene refers to good sleep habits. The following are some ways of establishing and maintaining healthy sleep routines, and can provide long-term solutions to sleep difficulties:

Routines

Teach your body to get ready for sleep

- Go to bed and get up at regular times
- Develop a personal, relaxing, pre-bed routine e.g. stretching or breathing exercises
- A hot bath 1-2 hours before bed or a warm glass of milk can help
- Teach your body to link 'bed' with 'sleeping' - avoid using the bed to eat, work, read, or use electronic devices



Environment

Are your surroundings suitable for sleep?

- A cooler room with enough blankets for warmth is best
- Use heavy curtains/blinds, an eyemask and/or earplugs to block out light and noise



Diet, exercise and napping

What you do in the day impacts your sleep at night

- Avoid naps, or restrict naps to less than 1 hour before 3pm
- Avoid caffeine, nicotine, and alcohol at least 4-6 hours before bed
- Avoid looking at bright screens (e.g. phone, tablet) 2-3 hours before bed
- Exercise regularly but avoid strenuous exercise within 4 hours of bedtime
- Maintain a balanced diet but avoid a large meal soon before bed



Reactions

How we respond to poor night's sleep can help make or break a poor sleep cycle

- If you can't fall asleep after about 20 minutes, get up, do a calm or boring activity until you feel sleepy, then return to bed
- Avoid frequently checking the clock at night
- Try to do everything you had planned for the day, even if you slept poorly the night before



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The Art of Restful Sleep: Practical Sleep Hygiene Tips Fingley,2024 **Sleep Hygiene Tips** Harry Sandor,2021-07-08

Are you getting enough sleep at night Do you have problems falling asleep or staying asleep According to the National Institutes of Health NIH about 1 in 3 American Adults do not get healthy amounts of sleep And stress can make the problem even worse This book is split into four sections covering the most important aspects of sleep hygiene Part I Create a Restful Sleep Environment Part II Follow a Healthy Sleep Routine Part III Eat a Soporific Diet Part IV Implement a Relaxing Bedtime Ritual

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Table of Contents Beginner Friendly Sleep Hygiene Tips For Beginners 26400

1. Understanding the eBook Beginner Friendly Sleep Hygiene Tips For Beginners 26400
 - The Rise of Digital Reading Beginner Friendly Sleep Hygiene Tips For Beginners 26400
 - Advantages of eBooks Over Traditional Books
2. Identifying Beginner Friendly Sleep Hygiene Tips For Beginners 26400
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Beginner Friendly Sleep Hygiene Tips For Beginners 26400
 - User-Friendly Interface
4. Exploring eBook Recommendations from Beginner Friendly Sleep Hygiene Tips For Beginners 26400
 - Personalized Recommendations
 - Beginner Friendly Sleep Hygiene Tips For Beginners 26400 User Reviews and Ratings
 - Beginner Friendly Sleep Hygiene Tips For Beginners 26400 and Bestseller Lists
5. Accessing Beginner Friendly Sleep Hygiene Tips For Beginners 26400 Free and Paid eBooks
 - Beginner Friendly Sleep Hygiene Tips For Beginners 26400 Public Domain eBooks
 - Beginner Friendly Sleep Hygiene Tips For Beginners 26400 eBook Subscription Services
 - Beginner Friendly Sleep Hygiene Tips For Beginners 26400 Budget-Friendly Options
6. Navigating Beginner Friendly Sleep Hygiene Tips For Beginners 26400 eBook Formats

- ePub, PDF, MOBI, and More
 - Beginner Friendly Sleep Hygiene Tips For Beginners 26400 Compatibility with Devices
 - Beginner Friendly Sleep Hygiene Tips For Beginners 26400 Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Beginner Friendly Sleep Hygiene Tips For Beginners 26400
 - Highlighting and Note-Taking Beginner Friendly Sleep Hygiene Tips For Beginners 26400
 - Interactive Elements Beginner Friendly Sleep Hygiene Tips For Beginners 26400
 8. Staying Engaged with Beginner Friendly Sleep Hygiene Tips For Beginners 26400
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Beginner Friendly Sleep Hygiene Tips For Beginners 26400
 9. Balancing eBooks and Physical Books Beginner Friendly Sleep Hygiene Tips For Beginners 26400
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Beginner Friendly Sleep Hygiene Tips For Beginners 26400
 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
 11. Cultivating a Reading Routine Beginner Friendly Sleep Hygiene Tips For Beginners 26400
 - Setting Reading Goals Beginner Friendly Sleep Hygiene Tips For Beginners 26400
 - Carving Out Dedicated Reading Time
 12. Sourcing Reliable Information of Beginner Friendly Sleep Hygiene Tips For Beginners 26400
 - Fact-Checking eBook Content of Beginner Friendly Sleep Hygiene Tips For Beginners 26400
 - Distinguishing Credible Sources
 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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