

# Prepare for sleep during the day

The elements of a good night's sleep start long before you go to bed. For a more refreshing rest, try to adopt some of these healthy sleep habits **during the day**.

## Stick to a Sleep Schedule

Go to sleep and wake up at the same time every day. This reinforces your circadian rhythm to promote healthy sleep-wake cycles.



## Write Down Your Worries

Don't take stress to bed. Research shows that writing down your worries early in the day can help you fall asleep faster at bedtime.



## Create a Healthy Sleep Environment

Your room should be a relaxing, creating a clean, cozy retreat for sleep may help your mind switch off more easily at night.



## Avoid Stimulants & Limit Alcohol

Caffeine should not be consumed four to six hours before bedtime. Limit alcohol as drinking in excess has been linked to poor sleep.



## Exercise & Get Outside

30-minutes of moderate exercise and sunshine during the day makes it easier to sleep at night—and give you a serotonin boost, too!



# and sleep more soundly at night

Want to wake up feeling refreshed? When you're ready to head to bed, follow these tips to improve the quality and quantity of **your sleep at night**.

## Don't Head to Bed When You're Not Tired

An early night might sound nice, but don't force sleep. Heading to bed before you're tired may lead to sleep anxiety and insomnia.



## Create a Daily 'Wind-Down' Routine

Hyperarousal (an active or "busy" mind) is the main reason people with insomnia can't sleep. Make time to switch off before bed.



## Block Out Noise & Light

A quiet and dark room is essential for a good night's sleep. Light exposure and noise can interfere with sleep quantity and quality.



## Make Your Bed a Sleep & Intimacy Zone

Leave work at your desk and meals in the kitchen. Your brain should only associate bed with sleep and intimate activities.



## Don't Take Your Phone or Other Devices to Bed

Unplug at night. Blue light delays the release of sleep-inducing melatonin, increases alertness, and sets back your internal sleep clock.



# Beginner Friendly Sleep Hygiene Tips Guide 38533

**Dr Laura Campbell**



## **Beginner Friendly Sleep Hygiene Tips Guide 38533:**

**The Art of Restful Sleep: Practical Sleep Hygiene Tips** Fingley, 2024      *Insomnia Uncovered A Comprehensive Guide to Better Sleep* Willow R. Stone, 2023-01-01

Sleep is the reset button for our minds and bodies. Insomnia leaves us stuck on repeat. *Insomnia Uncovered A Comprehensive Guide to Better Sleep* is the ultimate guide to understanding and overcoming insomnia. This comprehensive book covers everything you need to know about insomnia from the science of sleep to sleep hygiene fundamentals, diet and nutrition, relaxation techniques, and sleep aids and medications. The book begins with an overview of insomnia, including the science of sleep, types of insomnia, and causes of insomnia. Readers will then learn about sleep hygiene fundamentals, creating a sleep-friendly environment, establishing a bedtime routine, and reducing screen time before bed. *Insomnia Uncovered* also covers diet and nutrition for better sleep, sleep-promoting foods, foods to avoid before bedtime, and supplements for sleep. Readers will also learn about relaxation techniques, including deep breathing exercises, progressive muscle relaxation, visualization techniques, and mindfulness and meditation. In addition to these techniques, *Insomnia Uncovered* explores cognitive behavioral therapy (CBT) for insomnia, sleep aids and medications, natural remedies, exercise, and sleep, managing stress and anxiety, sleep disorders, sleep tracking and technology, bedtime rituals and routines, sleep positions and posture, sleep and aging, sleep and hormones, children and sleep, napping strategies, travel and jet lag, and sleep and shift work. The book provides tips, strategies, and techniques for improving sleep in every situation. Whether you are a shift worker struggling with sleep, a traveler dealing with jet lag, or an older adult experiencing sleep changes, *Insomnia Uncovered* has the solutions you need to achieve better sleep. *Insomnia Uncovered* also emphasizes the importance of maintaining sleep success, staying consistent with sleep habits, overcoming setbacks, and implementing long-term sleep improvement strategies. Whether you are experiencing occasional sleeplessness or chronic insomnia, *Insomnia Uncovered A Comprehensive Guide to Better Sleep* is the perfect guide. With clear explanations, real-world examples, and practical tools and techniques, this book will help you take control of your sleep and achieve better health and well-being.

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**The Sleep Patch Revolution** Dr Laura Campbell, 2023-02-28 Are you tired of tossing and turning at night struggling to get the sleep you need to feel rested and energized the next day Do you find yourself relying on coffee and energy drinks just to make it through the day If so I have great news for you I've recently published a new book titled The Sleep Patch Revolution A Guide to Restful Nights and Energized Days and it's packed with valuable information that can help you improve your sleep and boost your energy levels In this book you'll discover The science behind sleep and why it's so important for your health and wellbeing Common sleep disorders and how to identify them Tips for creating a sleep conducive environment The benefits of using sleep patches to promote restful sleep and enhance daytime alertness Detailed information on different types of sleep patches and how to choose the right one for you Strategies for incorporating sleep patches into your daily routine And much more With The Sleep Patch Revolution you'll have all the tools you need to start getting the restful restorative sleep you need to feel your best No more struggling to stay awake during meetings or feeling groggy and unfocused all day long So why wait Order your copy of The Sleep Patch Revolution today and start your journey to better sleep and more energized days

The book delves into Beginner Friendly Sleep Hygiene Tips Guide 38533. Beginner Friendly Sleep Hygiene Tips Guide 38533 is a crucial topic that must be grasped by everyone, from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Beginner Friendly Sleep Hygiene Tips Guide 38533, encompassing both the fundamentals and more intricate discussions.

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- 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 Beginner Friendly Sleep Hygiene Tips Guide 38533.

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