

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.



Top Sleep Hygiene Tips Explained For Experts

**American Society of Health-System
Pharmacists**



Top Sleep Hygiene Tips Explained For Experts:

Managing Stress: Skills for Anxiety Reduction, Self-Care, and Personal Resiliency with Navigate Advantage Access Brian Luke Seaward, 2023-12-22 Managing Stress provides a comprehensive approach to stress management honoring the balance and harmony of the mind body spirit and emotions Referred to as the authority on stress management by students and professionals this book equips students with the tools needed to identify and manage stress while teaching them how to strive for health and balance The holistic approach gently guides the reader to greater levels of mental emotional physical and spiritual well being by emphasizing the importance of mind body spirit unity Effective Commercial Truck and Bus Safety Management Techniques Ronald R. Knipling, Jeffrey Scott Hickman, Gene Bergoffen, Commercial Truck and Bus Safety Synthesis Program (U.S.), 2003 TRB s Commercial Truck and Bus Safety Synthesis Program CTBSSP Synthesis 1 Effective Commercial Truck and Bus Safety Management Techniques focuses on the problems commercial truck and bus fleet managers confront and the methods that are available to address problems in the areas of driver and vehicle safety and more

The Tresillian Sleep Book Tresillian, 2018-06-01 Gentle expert advice for tired parents of babies and young children from Australia s largest and most trusted parent support group Tresillian helps thousands of Aussie parents with their babies sleep issues every year Their gentle settling methods are informed by expert knowledge and deep experience This book covers sleep and settling from birth to the preschool years sharing simple ways to help your baby or young child establish sleep cycles as they grow while offering guidance and solutions for the sleep problems that parents of newborns to 5 year olds struggle with It includes Establishing day and night routines and the role of circadian rhythms How to create the best sleep environment for your baby Why babies cry and strategies to cope How babies talk to you The development stages and sleep from newborns to preschoolers Helping your baby learn to settle and resettle themselves Twins and sibling issues Routines for children in childcare Getting back on track after disruptions from illness night terrors and early wakers to disrupted routines and travelling With plenty of stories from parents who share what worked for them this comprehensive guide will help babies and young children and their parents get those much needed zzz *The Gut Stuff: Nourishing recipes and expert advice for a happy and healthy gut* Lisa Macfarlane, Alana Macfarlane, 2024-03-28 A fresh and accessible look at gut health and wellness with a focus on delicious gut friendly recipes and expert insights This book is an indispensable resource for understanding and nourishing your gut to improve your overall health and wellbeing **Surfacing best practices for AI software development and integration in healthcare** Mark Sendak, Suresh Balu, Xiao Liu, Karandeep Singh, Sylvia Trujillo, David Vidal, 2023-06-08 **Artificial Intelligence Based Smart and Secured Applications** Sridaran Rajagopal, Priti Sajja, Rohit Thanki, Ajay Kumar, 2026-02-23 This five volume set CCIS 2819 2823 constitutes the refereed proceedings of the 4th International Conference on Advancements in Smart Computing and Information Security ASCIS 2025 held in Rajkot Gujarat India during September 11 13 2025 The 112 full papers and 25 short papers included in these volumes

were carefully reviewed and selected from 579 submissions They are organized into the following topical sections Part I II III
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