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Beginner lessons for Sleep Hygiene

Master Sleep Hygiene for Better Rest and Health!

DEFINITION

> Sleep hygiene refers to the habits and practices that promote consistent, quality sleep. Good sleep hygiene helps improve overall health and well-being.

KEY CONCEPTS

Consistent Sleep Schedule

Going to bed and waking up at the same time each day helps regulate your body's internal clock.

Comfortable Sleep Environment

A dark, quiet, and cool room enhances your ability to fall and stay asleep.

Limiting Screen Time

Reducing exposure to screens before bed can help your brain prepare for sleep.

Relaxation Techniques

Practicing relaxation methods like deep breathing or meditation can ease the transition to sleep.

Avoiding Stimulants

Caffeine and nicotine can disrupt sleep patterns, so it’s best to avoid them before bedtime.

EXAMPLES

→ Set a bedtime alarm to remind you to wind down.

→ Create a calming pre-sleep routine with reading or gentle stretching.

→ Keep your bedroom dark by using blackout curtains.

MEMORY TIPS

★ Remember 'SLEEP' - Schedule, Light, Ease, Pause.

★ Use the acronym 'C.R.E.A.M.' for Comfort, Relaxation, Environment, Avoid Stimulants, Maintain Schedule.

★ Visualize a cozy bedroom to reinforce a comfortable sleep environment.

COMMON MISTAKES

✗ Staying up late on weekends and sleeping in.

✗ Using electronic devices right before bed.

✗ Drinking caffeinated beverages in the evening.

QUICK RECAP

Sleep hygiene is essential for quality rest and overall health. Key practices include maintaining a consistent sleep schedule, creating a comfortable environment, and avoiding screens before bed. Remember to limit stimulants and incorporate relaxation techniques.