

HEALTHY SLEEP HABITS



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Healthy Sleep Habits and Good Sleep Hygiene

Follow these tips to establish healthy sleep habits: Keep a consistent sleep schedule. Get up at the same time every day, Set a bedtime that is early enough for you to get at least 7 hours of sleep. Don't go to bed unless you are sleepy. If you don't fall asleep after 20 minutes, get out of

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Sleeping Tips Tricks National Sleep Foundation

Having healthy sleep habits is often referred to as having good sleep hygiene. Try to keep the following sleep practices on a consistent basis: Stick to a sleep schedule of the same bedtime and wake up time, even on the weekends.

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Your Guide to Healthy Sleep

Your Guide to Healthy Sleep . Despite growing support for the idea that adequate sleep, like adequate nutrition and physical activity, is vital to our well-being, people are sleeping less. The nonstop 24/7 nature of the world today encourages longer or nighttime work hours and offers continual access to entertainment and other activities.

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Healthy Sleep Habits Sleep Center Everyday Health

Healthy Sleep Habits Healthy sleep habits do more than just keep you alert they can also keep you healthier. Getting more shut-eye might even make you a better employee or student.

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Healthy Sleep Habits Happy Child Marc Weissbluth MD

Weissbluth knows sleep and the importance of establishing healthy sleep habits from the get go: he has 30+ years experience as a pediatrician, teaches at Northwestern Medical School, and founded the Sleep Disorder Center at Chicago's Children's Memorial Hospital.

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Sleep tips 6 steps to better sleep Mayo Clinic

Set aside no more than eight hours for sleep. The recommended amount of sleep for a healthy adult is at least seven hours. Most people don't need more than eight hours in bed to achieve this goal. Go to bed and get up at the same time every day. Try to limit the difference in your sleep schedule on weeknights and weekends to no more than one hour.

<http://ebookslibrary.club/download/Sleep-tips--6-steps-to-better-sleep-Mayo-Clinic.pdf>

Adopt Good Sleep Habits Need Sleep Healthy Sleep

When sleep tips aren't enough, or if you suspect you may have a sleep disorder, please see When to Seek Treatment in the Healthy Sleep module. Resources Epstein, Lawrence, MD and Mardon, Steven, The Harvard Medical School Guide to a Good Night's Sleep , 2007, McGraw Hill Books.

<http://ebookslibrary.club/download/Adopt-Good-Sleep-Habits-Need-Sleep-Healthy-Sleep.pdf>

Healthy Sleep Habits How Many Hours Does Your Child Need

Healthy Sleep Habits - Tips from the AAP. The American Academy of Pediatrics (AAP) supports the AASM guidelines and encourages parents to make sure their children develop good sleep habits right from the start. Make sufficient sleep a family priority. Understand the importance of getting enough sleep and how sleep affects the overall health of you and your children.

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