

HAPPY CHILD HEALTHY SLEEP HABITS



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Dr Weissbluth

Dr. Marc Weissbluth, a distinguished pediatrician, founder of the Northwestern Children's Practice, author, and father of four offers his groundbreaking program to ensure the best sleep for your twins. In Healthy Sleep Habits, Happy Twins, he builds on more than 30 years of research and pediatric experience to explain his step-by-step regime for instituting beneficial sleep habits.

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Developing Healthy Sleep Habits in Kids Sleep Junkie

It isn't always easy to get kids to rest, but sleep plays a big part in their health according to science. From mood to weight to immunity and even education and cognition, kids need adequate rest to be healthy and happy, making it every bit as important as things like nutrition and activity.

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What makes toddlers happy may surprise you. Child development experts who study the subject say that happiness isn't something you give toddlers it's something you teach them.. Edward Hallowell, psychiatrist and author of The Childhood Roots of Adult Happiness, says over-indulged children whether showered with toys or shielded from emotional discomfort are more likely to grow into

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How Do Your Sleep Habits Stack Up Fitbit Blog

Recently, Fitbit research scientists looked at aggregated sleep data from over 10 million users in 2015* and

noticed some eye-opening patterns. Take a look at their findings, and then check out your sleep log in the Fitbit app to see how your personal bedtime numbers compare.

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What Is Sleep Hygiene Plus 15 Tips for Better Sleep Hygiene

The rituals, behaviors, and norms you follow around sleep are referred to as sleep hygiene. Regularly pulling all-nighters, or sleeping in on the weekends so you can make up for lost sleep are both examples of poor sleep hygiene.

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Hacking Into Your Happy Chemicals Dopamine Serotonin

You might not have a money tree, but you can have a happiness tree. Dopamine, Serotonin, Oxytocin, and Endorphins are the quartet responsible for your happiness. Many situations can trigger these neurotransmitters, but instead of being in the passenger seat, there are ways you can intentionally

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10 Habits of Happy Muslim Couples ProductiveMuslim.com

What does it take to stay Muslim, married and extremely happy today? As oxymoronic as that just sounded, believe it or not, it's absolutely possible! Marriage, especially for Muslims, is a lot more than having someone to call a husband or wife. The marital relationship is an incredible blessing and divine sign, as Allah says in the Qur'an: 'And of His signs is that He created for you from

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