SlenderSense.com
Weight Loss & Wellness Over 50

Sleep Hygiene 101

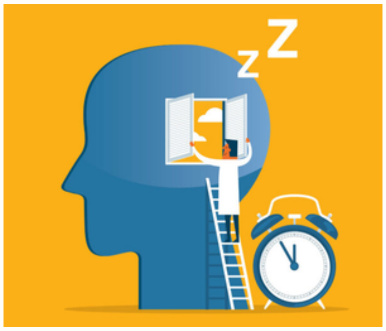
HOW TO SLEEP BETTER, FEEL BETTER, AND LIVE BETTER

Let’s talk about sleep. I’m talking about the kind of sleep that actually restores you — **body, mind** and **mood.**

That’s where sleep hygiene comes in.

And no, it’s not about taking a shower before bed (although that can help). Sleep hygiene means creating the right habits and environment to get better sleep — and trust me, it makes a **huge difference.**

WHAT IS SLEEP HYGIENE..?



Sleep hygiene is just a fancy term for healthy sleep habits. It's all about setting up your daily routine and sleep space in a way that promotes consistent, quality rest.

Think of it like brushing your teeth.

You do it every day to keep your smile fresh — sleep hygiene works the same way for your energy, focus, and even your immune system.

WHY GOOD SLEEP HYGIENE MATTERS

Here's what quality sleep (thanks to good sleep hygiene) can do for you:

- **Boosts your mood** – Say goodbye to groggy grumps and hello to happy mornings.
- **Strengthens your immune system** – Less sniffles, more sparkle.
- **Improves memory and focus** – Sleep sharpens your brain like a well-tuned knife.
- **Supports healthy weight and metabolism** – Yep, your body burns and balances better when it sleeps well.
- **Reduces stress and anxiety** – A calm brain is a sleepy brain.

In short, sleep is your superpower — and it starts with some simple habits.

HOW TO BUILD BETTER SLEEP HYGIENE (WITHOUT OVERTHINKING IT)

1. Stick to a Sleep Schedule

Try to go to bed and wake up at the same time every day — yes, even on weekends. Your body loves routine. The more consistent you are, the easier it becomes to fall asleep and wake up naturally.

2. Create a Bedtime Ritual

Wind down with something relaxing about 30–60 minutes before bed:
- Read a book
- Stretch or do some gentle yoga
- Take a warm bath or shower
- Listen to calming music or a guided meditation

Avoid anything intense — like working, checking emails, or arguing with that one person on Facebook.

3. Limit Screen Time Before Bed

Phones, tablets, and TVs emit blue light that tricks your brain into thinking it's still daytime. Try powering down screens at least 30 minutes before bed. If you must scroll, use night mode or blue-light filters.

4. Make Your Bedroom a Sleep Haven

- Keep it cool (around 65°F is ideal for most)
- Make it dark (blackout curtains or a sleep mask work wonders)
- Keep it quiet (earplugs or a white noise machine can help)
- Use comfy bedding and pillows Bonus: Use your bed only for sleep and… well, you know. This helps your brain associate your bed with rest, not TikTok or work emails.

5. Watch What You Eat and Drink

- Avoid heavy meals, caffeine, and alcohol close to bedtime
- Try not to drink too much liquid in the evening — midnight bathroom runs are real

6. Get Daytime Movement and Sunlight

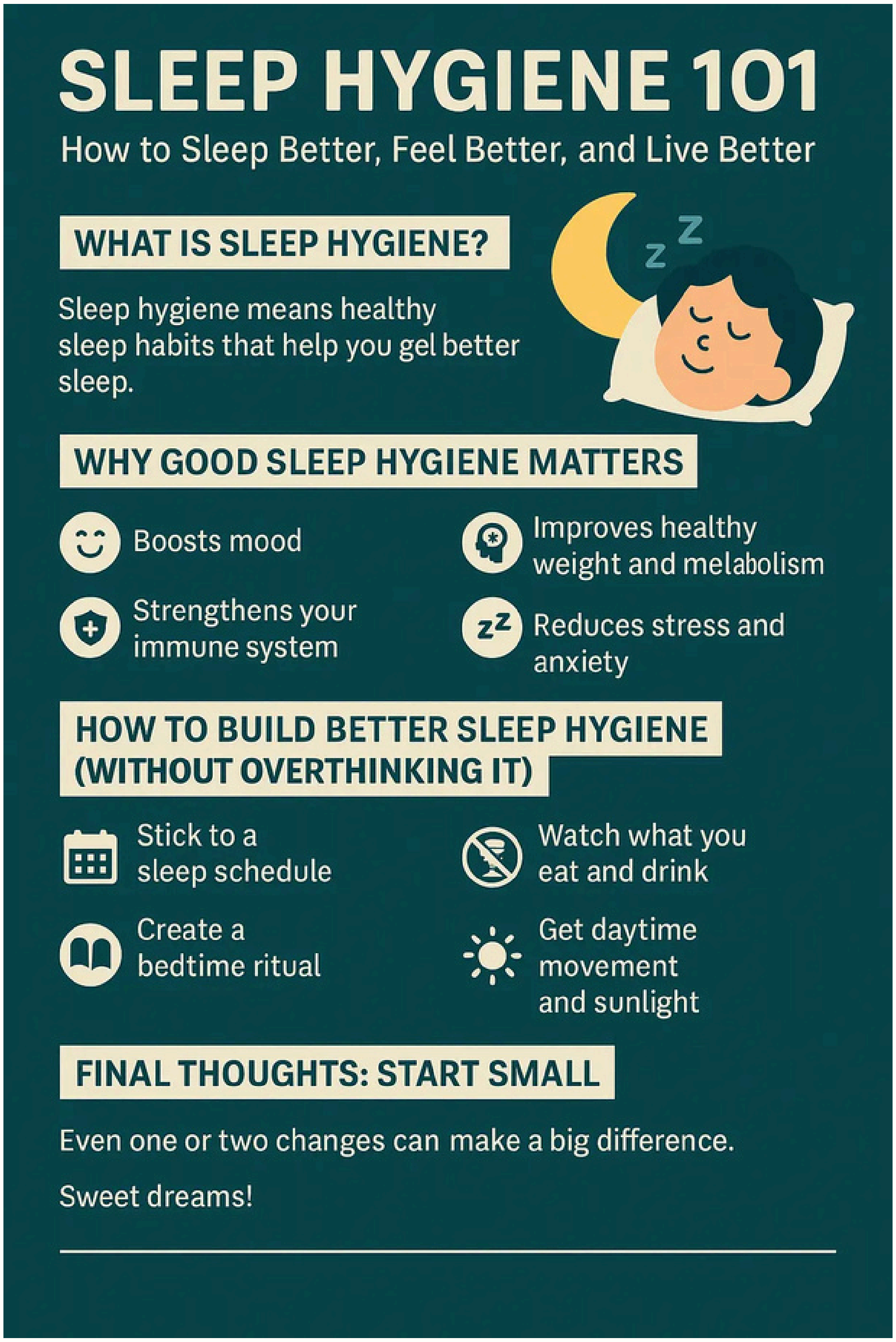
Your body's internal clock (circadian rhythm) loves natural light and physical activity. So get outside, walk, stretch, move — your nighttime self will thank you.

START WITH SMALL STEPS

Don't stress if you're not a perfect sleeper. The goal here isn't to create a rigid routine that adds pressure. It's to gently guide your body into better rhythms, so sleep becomes easier and more restorative over time.

Even one or two changes can make a big difference.

So tonight, dim the lights, put your phone down, and treat yourself to a little wind-down time. Your future well-rested self is already smiling. ***Sweet dreams!***



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- Stick to a sleep schedule
- Watch what you eat and drink
- Create a bedtime ritual
- Get daytime movement and sunlight

FINAL THOUGHTS: START SMALL

Even one or two changes can make a big difference.

Sweet dreams!