

Sleep Quality and Their Relation to Sleep Hygiene Practices

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INTRODUCTION

The term "sleep hygiene" refers to good habits, behaviours, and environmental factors that can be changed to help you sleep better. A few dozing issues are much of the time brought about by terrible rest propensities supported over years or even many years. Because it does not include brushing your teeth and washing your face before going to bed, the term "sleep hygiene" can be a little bit misleading. Science-backed practices known as "sleep hygiene" can make the difference between a restful and a sleepless night by establishing the ideal conditions for healthy sleep both during the day and before bedtime.

DESCRIPTION

What is meant by "sleep hygiene"?

Ideal sleep hygiene can be achieved by adhering to a steady sleep schedule, making your bedroom comfortable and free of distractions, practicing a calming bedtime routine, and developing healthy habits throughout the day.

What advantages does good sleep hygiene provide?

The way it feels during the day is as follows: From the moment you wake up through a meeting that seems to go on forever in the afternoon to your (hopefully regular) bedtime, we are alert. You are more present, productive, and focused. Now is the time to get a good night's sleep and relax.

Sleeping well is more than just good for you. It is essential to your health. It helps you maintain a healthy weight, boosts your immune system, and lowers your risk of serious illnesses like diabetes and heart disease.

Sleeping well can also help you feel better and remember things better. Your brain creates new pathways to help you remember information while you sleep. Whether you're learning new

computer skills or a new subject at school, getting enough sleep helps you understand and solve problems better.

What indications do you see of poor sleep hygiene?

Is it hard to fall asleep after you get into bed? Or do you go out like a light as soon as your head hits the pillow, only to toss and turn until 2 a.m.? If any of these apply to you, you're not alone or perhaps not so great.

More than a third of Americans, according to the Centers for Disease Control and Prevention (CDC), do not get the recommended 7 hours-9 hours of sleep for our overall health and well-being. Poor sleep hygiene might be to blame for some of this.

Trouble falling asleep, disturbed sleep, and, of course, feeling exhausted and foggy throughout the day are the most obvious symptoms of poor sleep hygiene. Reflexes are slowed, decision-making is sabotaged, and creativity is stifled by lack of sleep.

According to a recent study, not getting enough sleep can also cause us to feel anxious and sad. Sleep deprivation was found to have an impact on our ability to focus on positive things, which may increase our risk of depression. Here's some good news: Getting a good night's sleep is easier than we might think. Starting with good sleep hygiene practices can help you get a better night's sleep and stay alert and energized throughout the day.

CONCLUSION

The study found that being younger, unmarried, unemployed, smoking, drinking energy drinks, and using the phone for longer periods of time are all associated with poor sleep hygiene. EDS and insomnia are common issues that are strongly linked to poor sleep hygiene.

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