

10 recommandations pour bien dormir

INSTITUT
NATIONAL
DU SOMMEIL
ET DE LA VIGILANCE

Bien dormir passe par des règles d'hygiène du sommeil simples. Appliquer ces conseils quotidiennement réduit les difficultés de sommeil et augmente la qualité des nuits.



Respectez votre rythme et vos besoins de sommeil.



Maintenez des horaires de lever et de coucher réguliers, aussi bien en semaine qu'en week-end.



Exposez-vous à la lumière du jour en particulier le matin, pour aider à réguler votre horloge biologique.

Pratiquez une activité physique régulière pour garantir le bon fonctionnement de l'horloge biologique et augmenter la pression de sommeil. Arrêtez de préférence 3h à 4h avant l'heure du coucher.



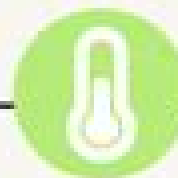
Modérez la consommation d'excitants (café, thé, coca, boissons énergisantes) et n'en absorbez plus après 14h.



Le soir, afin de prévenir les fringales nocturnes, ne sautez pas le dîner mais évitez les plats trop gras et difficiles à digérer.



Privilégiez une activité calme le soir (musique douce, lecture, relaxation, activités manuelles).



Aménagez-vous une chambre propice au sommeil : obscurité, silence, température entre 18 et 20°C.



Déconnectez-vous 1h avant de vous coucher (éteindre smartphone, tablette, ordinateur) et laissez les écrans éteints jusqu'au lendemain matin.



Gardez un temps limité au lit pour maintenir l'association : lit = sommeil. Si vous ne dormez pas sortez du lit.

Conseils Pour Dormir Mieux Garder La Forme

Xiaolong Qi



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, *Élevage de Chats Domestiques et Conseils Pour les Garder Heureux* Edwin Pinto, 2023-05-18 La plupart des chats entrent dans nos vies de manière inattendue nous tombons soudainement amoureux il y a un lien particulier D autres fois nous sentons en quelque sorte que nous voulons que l entreprise d un chat et c est l que de nombreux doutes nous assaillent sur comment et o trouver un chat et si cela conviendrait notre entreprise si des probl mes surgiront et comment nous les traiterons r soudre si nous ne savons rien sur les chats Avec ce livre nous apprendrons tout ce qui est li et important pour amener un chaton nos vies tout ce que nous devons savoir appliquer et enseigner notre chaton si nous appliquons Tout ce qui est dit dans ces pages nous aidera avoir un chat en bonne sant motionnelle et physique ce qui en fait notre partenaire de vie id al et le plus important est qu il a notre compr hension notre amour et notre respect *A Student Grammar of French* Malcolm Offord, 2006-04-13 A Student Grammar of French is a concise introduction to French grammar designed specifically for English speaking undergraduates Keeping technical detail to a minimum it explains the fundamentals of the grammar in accessible and simple terms and helps students to put their learning into practice through a range of fun and engaging exercises All the essential topics are covered with chapters on verbs nouns adjectives pronouns determiners prepositions adverbs negation numerals sentences and clauses Every grammatical point is illustrated with a range of authentic examples drawn from magazines and newspapers covering many areas of contemporary life such as fashion health issues relationships and sport It is clearly organized into a user friendly numbered indexing system allowing the learner to quickly and easily locate any grammatical topic Functioning both as an indispensable reference guide and a comprehensive workbook this grammar will become the perfect accompaniment to any first or second year undergraduate course [Simplifiez votre vie en 7 jours](#) Erin Rooney Doland, 2015-02-13 Une semaine pour mettre de l ordre dans votre vie et vous sentir mieux au travail comme la maison Le d sordre n est pas seulement inesth tique Il vous emp che d aller de l avant Gr ce ce livre mettez un terme votre stress et gagnez en productivit Avec ce programme complet et d taill pour vous simplifier la vie en 7 jours apprenez optimiser votre temps et vous concentrer sur l essentiel Triez et organisez vos placards pour gagner du temps le matin Construisez un syst me d archivage efficace et personnalis vitez d tre submerg par vos e mails au travail Et une fois la lutte contre le d sordre remport e entretenez ce nouveau syst me avec un minimum d efforts **Le Guide du demandeur d'emploi** Pierre Albert, 1987-01-01T00:00:00+01:00 Toutes les nouvelles dispositions pour faire face au ch mage et s en sortir Bien r gler sa situation vis vis de son pr c dent employeur Conna tre ses droits aux allocations de ch mage savoir ce qu il faut faire pour les obtenir et ne rien ignorer des diverses aides aux ch meurs G rer ses finances Bien utiliser le temps disponible Se remettre en question sur le plan professionnel Choisir une formation et tout faire pour tre admis Rechercher un nouveau travail Envisager de s installer son compte Mettre profit cet arr t forc pour se d tendre Repartir en utilisant au mieux ses vraies possibilit s Un guide parfaitement document indispensable pour garder la forme et le moral et mettre de son

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