



THE IMPORTANCE OF SLEEPING WELL

A guide to Better Sleep

'Sleep hygiene' is the term used to describe good sleep habits. It refers to a set of practices and habits that are conducive to sleeping well on a regular basis. Considerable research has gone into developing a set of guidelines and tips which are designed to enhance good sleeping, and there is much evidence to suggest that these strategies can provide long-term solutions to sleep difficulties. Good sleep hygiene can help you fall asleep more easily, sleep more deeply and feel more rested and alert during the day.

Tips for Better Sleep

SET A CONSISTENT SLEEP SCHEDULE

Go to bed and wake up at the same time every day, even on weekends. This helps regulate your body's internal clock.

CREATE A HEALTHY SLEEP ENVIRONMENT

Your room should be relaxing. Create a clean, cozy retreat for sleep may help your mind switch off more easily at night.

BE MINDFUL OF YOUR DIET

Avoid large meals, caffeine, and alcohol close to bedtime. These can disrupt your sleep and or make it harder to fall asleep.

EXERCISE REGULARLY

Regular physical activity can help you fall asleep faster and enjoy deeper sleep. However, try not to exercise too close to bed time, as it might interfere with your ability to feel asleep.

SLEEP RITUALS

You can develop your own rituals of things to remind your body that it is time to sleep – some people find it useful to do relaxing stretches or breathing exercises for 15 minutes before bed each night, or sit calmly with a cup of caffeine-free tea.



DON'T TAKE YOUR PHONE OR OTHER DEVICE TO BED

Unplug at night. The blue lights delay the release of sleep-inducing melatonin, increase alertness and set back your internal sleep clock.

USE YOUR BED FOR SLEEP ONLY

To strengthen the association between bed and sleep, avoid using your bed for work, watching TV, eating or other stimulating activities.