Habits for Better Sleep

Examine Your Environment
Evaluate comfort, sound, lighting, and temperature to set the mood for slumber in your bedroom.

Establish a Bedtime Routine
Keep your biological clock in check by creating a relaxing bedtime schedule that starts at the same time each night.

Practice Relaxation Techniques
Relaxation techniques can help decrease anxiety and stress to prepare the mind and body for restful sleep. Methods include meditation, guided imagery, progressive muscle relaxation, and deep breathing.

No Electronics
Activities in the bedroom like watching tv, using your computer, or checking your phone can stimulate the brain, making it harder to fall asleep. By taking these out of the bedroom, you can associate the bedroom with sleep.

Limit Alcohol
Alcohol may help you fall asleep faster, but it can affect the quality of your sleep. Alcohol can interrupt your natural circadian rhythm and also block REM sleep, which is often considered the most restorative type of sleep.

Limit Naps
Napping during the day can affect sleep at night. If you have to nap, try limiting naptime to less than 30 minutes.

No Caffeine Before Bed
Caffeine acts as a stimulant, making it harder for you to fall asleep. It takes the body 3-5 hours to eliminate half the amount of caffeine taken in. Experts recommend avoiding caffeine in the late afternoon and evening.

Exercise
Exercising as little as 10 minutes a day can help improve the quality of sleep by helping reset the sleep-wake cycle. During exercise, your body temperature rises slightly, followed by a small decrease to promote sleep.

Resources
http://sleepeducation.org/news/2013/08/01/sleep-and-caffeine
https://www.sleep.org/articles/exercise-affects-sleep/
https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/sleep/art-20048379

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