

Tips for sleeping



Get out into natural light as soon as is practical in the morning, preferably around the same time every day

Natural light, which can still be effective on a cloudy or grey day, helps reset our internal body clock. It helps us get over feeling groggy when we have just woken up and makes us more alert.

Engage in daytime exercise

Exercise promotes the quantity and quality of your sleep, making it deeper and more refreshing. However, a few studies have shown that exercising too close to bedtime can prevent sleep so we suggest leaving a window of at least 2 hours before bedtime without exercise.

Avoid stimulants that contain caffeine 8 hours before bedtime

Although there are significant individual differences in how caffeine affects each of us, give yourself enough time between your last caffeine intake and your sleep time to make sure that it does not interfere with your ability to get off to sleep.

Don't go to bed full, hungry or thirsty

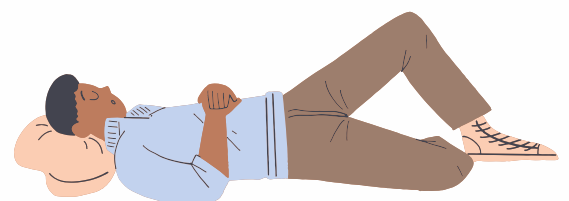
Eating at regular times helps strengthen our internal body clock. However, eating a heavy meal before bedtime can make it challenging to sleep at night. Drinking lots of liquid before bed will also increase the chances that we have to go to the bathroom during the night. Conversely, being hungry or thirsty at night can increase the chances of waking up. A balance should be struck between being full, but not too full before we go to bed.

Reduce electronic use before bedtime and avoid electronic use in the bedroom

Using electronics just before bed and in the bedroom can keep us awake for longer as the blue light from these devices has the capacity to prevent the hormones that make us sleepy from being produced. Importantly, it is not just the light that can affect our sleep but most activities that we use our devices for can keep us awake and alert which we don't want to do at bedtime.

Don't use alcohol to sleep

Although alcohol is a sedative, it can have a significant impact on the quality and quantity of your sleep. Our sleep tends to become fragile and light when we have a lot of alcohol in the evening and can lead to lots of awakenings in the latter part of the night and feelings of being unrefreshed during the day.



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