

How to Sleep Better



1. Have a regular bedtime

Going to bed and getting up at the same time every day - including weekends and days off - is a good way to train your body to sleep well. Having a rhythm will make you feel better.

2. Avoid caffeine and nicotine

It's best to avoid consuming any caffeine (in coffee, tea, cola drinks, chocolate, and some medications) or nicotine (cigarettes) for at least 4-6 hours before going to bed. These substances act as stimulants and interfere with the ability to fall asleep.

3. Only use your bed for sleeping

Try not to use your bed for anything other than sleeping. This will help your body associate your bed with sleep. If you use bed as a place to watch TV, eat, read, work on your laptop, or pay your bills, your body will not learn this connection.

4. Eat right

A healthy, balanced diet will help you to sleep well but timing is important! Some people find that a very empty stomach at bedtime is distracting, so it can be useful to have a light snack. A heavy meal right before bed can also interrupt sleep. Some people recommend a warm glass of milk.

5. Exercise

Regular exercise is a good idea to help with good sleep, but try not to do strenuous exercise in the 4 hours before bedtime. Morning walks are a great way to start the day feeling refreshed.

6. Avoid naps

It's best to avoid taking naps during the day to make sure that you are tired at bedtime. If you can't make it through the day without a nap, make sure it is for less than an hour and before 3pm.

7. Get up and try again

If you haven't been able to get to sleep after 20 minutes or more, get up and do something calming, such as sitting on a couch quietly with the lights off, until you feel sleepy.