# 10 Tips To Improve Your Sleep

1.Cool Down in the Evening:

As night-time approaches, your body's temperature naturally drops, signalling to your brain that it's time to rest. Lowering your body temperature and maintaining a cool sleeping environment encourages your brain to release sleep-inducing chemicals, helping you fall asleep quicker and enjoy better quality sleep. You could try wearing fewer clothes at night, using a fan, opening a window, or using a cooling mattress topper. Additionally, taking a warm shower before bed can help; as your body cools down afterward, it will prompt your brain to release sleep-promoting hormones.

2.Get Your Morning Light:
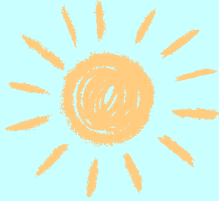
Spend at least 5 minutes outside every morning to get some sunlight, preferably within the first hour of waking up. Avoid looking directly at the sun to prevent eye damage. If it's still dark when you wake up, turn on as many lights as possible in your home. Also, try to get outside for another 5 minutes around sunset. Exposure to natural light in the morning and evening helps regulate your circadian rhythms, aligning your internal body clock to a natural wake-sleep cycle.

3.Maintain a Regular Sleep Schedule:

Go to bed and wake up at the same time every day. This consistency helps set your circadian rhythms, making it easier for your body to fall asleep as well as wake up feeling refreshed.

4.Create a Sleep Sanctuary:

Keep your bedroom for sleep only. Avoid watching TV or scrolling through your phone in bed. This way, your brain associates your bedroom with sleep, helping you fall asleep more easily when you go to bed.

5.Reduce Blue Light in the Evening:

Blue light affects your circadian rhythm and suppresses melatonin (a sleep hormone)being produced, making it harder to fall asleep. Reduce or stop using electronic devices 3 hours before bed. Use devices' bedtime modes or blue light blockers, adjust screen brightness, or wear blue light blocking glasses in the evenings. Also, consider using smart bulbs that you can dim or change to a red light. Instead of screen time, engage in relaxing activities like reading, meditating, or journaling.

6.Avoid Caffeine:

If possible, avoid caffeine entirely. If not, try to avoid it for at least 10 hours before bed. Even consuming caffeine 6 hours before bedtime can significantly disrupt your sleep, reducing the amount of deep, restorative slow-wave sleep.
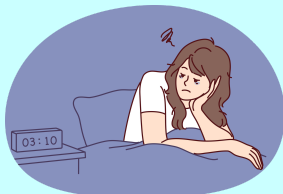
7.Don't Hit Snooze:

When you hit snooze, you start a new sleep cycle, which gets disrupted when your alarm rings again 5 or 10 minutes later, making you feel groggy. It's better to get up as soon as your alarm goes off.

8.Be Cautious with Napping:

Avoid napping after 3 pm and limit naps to around 20 minutes. Napping longer or too late in the day can make it harder to fall asleep at night and disrupt sleep quality. The most effective nap is around 20 minutes, ideally in the middle of the day, and you don't need to fall asleep completely to feel rested.
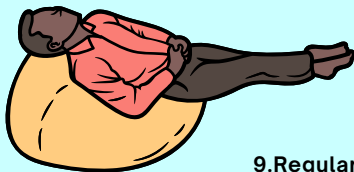
9.Regular Eating Times:

Try to eat at consistent times each day and avoid eating within 3 hours before bedtime. Late-night eating can disrupt your circadian rhythms as your digestive system remains active when it should be resting, making it harder to fall asleep and reducing sleep quality. If you need to eat closer to bedtime, opt for a small portion.

10.Avoid Alcohol:

While alcohol has sedative qualities, it disrupts sleep cycles and reduces REM sleep, making you feel less rested when you wake up. Alcohol also negatively impacts overall health including your mental health. It's best to avoid it, but if you drink, limit your intake and stop 4 hours before bed.

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