

GET A GOOD NIGHT'S SLEEP



Improving your sleep cycle improves the quality of your sleep.

As you work through the suggestions, be on the lookout for sleep stealers, the daily habits that might be robbing you of your rest.

1 Try to keep a regular sleeping pattern

Your body clock is driven by consistency, so you can help it out by going to sleep and waking up at the same time every day.



2 Try to stick to a relaxing bedtime routine

Taking some time before bed to regularly do something calming, can mark an end to a busy day and help you to unwind and sleep.

3 Create the perfect sleep environment

Your bedroom, bed and bedding can have a big effect on the quality of your sleep.

4 Stay hydrated

The single biggest change in your diet that may help you sleep better, be more active, and have more energy throughout your day is staying hydrated.

5 Try to get regular exercise

If you exercise regularly, you'll find yourself naturally alert during the day, and this helps bring on sleepiness at night.



Before going to sleep avoid:

alcohol



Some people find that alcohol helps them fall asleep faster, and this can be true. But alcohol disrupts the REM sleep stage, which results in you feeling less refreshed the next day.

certain foods



Your diet can have a significant impact on your quality of sleep. The unsurprising rule of thumb is that the healthier your diet, the healthier your sleep.

caffeine and energy drinks



Try to remember that stimulants like caffeine can stay in your body for a long time.

NEVER FORCE YOURSELF TO FALL ASLEEP