

WORLD SLEEP DAY

10 TIPS FOR BETTER SLEEP



1. KEEP A REGULAR SLEEP ROUTINE.

Keeping a regular sleep wake schedule helps the body's sleep system stay in harmony and promotes feelings of sleepiness and drowsiness when your body is ready for sleep.



2. GET OUT INTO NATURAL DAYLIGHT.

Natural light (even on cloudy days) helps reset our internal body clock. It helps us get over feeling groggy when we have just woken up and makes us more alert. Get out into the natural light as soon as you can after waking up, and preferably around the same time every day



3. A COOL, DARK AND QUIET BEDROOM.

Heat, light and noise can impact on our ability to get off to sleep and increase the chances that we wake in the night. Making sure the bedroom is cool, dark and quiet can improve the quality of our sleep as can sleeping on a comfortable, supportive bed. You may not always be able control external environmental factors (e.g. noise from a busy road) but you can take steps to help reduce them (e.g. ear plugs)



4. DONT 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.



5. AVOID STIMULANTS 8 HOURS BEFORE BED

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



6. BE SCREEN SAVVY

Using electronic screens 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 be highly stimulating and keep us awake and alert.



7. HIDE THE CLOCK

It is common to watch the clock when we are awake at night. For some of us, this can increase our anxiety levels and further prevent us from being able to fall asleep. It is not necessary to remove the clock altogether as many people rely upon their alarm clocks to get them up in the morning. However, having the clock face out of sight will help reduce any sleep anxiety.



8. WHERE POSSIBLE , DONT 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 satisfied but not full up before we go to bed.



9. EXERCISE REGULARLY

Exercise promotes the quantity and quality of your sleep, making it deeper and more refreshing. It doesn't need to be an expensive gym membership – a walk outside, a run or a cycle are equally beneficial. However, a few studies have shown that exercising too close to bedtime can prevent sleep so we suggest leaving a window of at least two hours before bedtime without exercise



10. AVOID NICOTINE BEFORE BED

Nicotine is a short-acting stimulant that can keep you awake and so should be avoided in the later part of the evening and during the night if you happen to wake up.

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_Contact us
_0800 321 3137
_www.able-futures.co.uk

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