IMPROVING SLEEP

1. Regular sleep schedule:

Try to maintain a consistent sleep pattern 7 days a week. Getting up at the same time every day can help.

1. Create your own relaxing bedtime routine or things that you can try to fit in that you know help you to relax:

Spending time before bed relaxing, read a book, do some mindfulness, stretch, do your skin care, have a shower or bath, write in your gratitude journal, plan tomorrow, have a hot chocolate, prepare for the next day.

1. Avoid stimulants

Don’t drink caffeine, sugary or energy drinks in the evening (3 hours before bed) and don’t eat before bed (at least 2 hours) as these things give you energy and your body won’t know what to do with it. Your body and mind need hints that it’s time to slow down and get ready to sleep.

1. Good sleep environment:

This isn’t about keeping your room tidy to keep your parent happy. This is about making sure your room is a nice, quiet and relaxing space for you. Somewhere that your head can be clear in, somewhere you can walk in to and feel calm. Your bedtime routine might consist of clearing things away, getting your outfit read for the next day, lighting a candle/putting a lamp or fairy lights on and spraying a nice spray to make your bed smell nice (try lavender or any sleep spray).

1. Light:

You want it to be nice and dark for night-time as we have light readers in our brain, avoid blue light from your phone and TV as this is the same light that shines in the morning, the biology in your body makes you feel awake with this type of light. Try to create a dark space at night but also a space where the natural morning light can wake you up in the morning, this is a much more pleasant way to wake up and it puts some responsibility on your body to read the surround light and make you tired at night and refreshed and ready to wake in the morning.

1. Only sleep:

This one can be hard depending on how much space you have in your house. The goal here is to only use your room for sleep! Try to stick to this one as much as you can, at the very least DO NOT do any work in your room. Ideally you shouldn’t even be watching TV in your room. Anything that requires your brain to think and work needs to be kept outside your room because again, your body needs some hints on when it’s time to be tired and shut off. If your brain sees your bedroom as the environment it works hard in, when it comes to night-time its going to struggle to shut off… our brains are smart but sometimes confuse themselves so you need to try and help it out with this one.

1. Exercise and eat well:

Even if you aren’t that into exercise, do some, even a little bit! A short walk before bed, some yoga or a little home workout before your bedtime routine will really help. Burning off the remaining energy will help you. It will stop you from getting fidgety and your brain from going into overdrive when you are lay still in your bed because it should be tired and have no more energy to use. Also Eat well, have a balanced diet, this can go over our heads sometimes because it is said so much, but there is a reason for it! Avoid fatty, fried and spice food late in the evening, they take a lot of work for your body to burn through, so again that keeps you awake as your body isn’t ready to shut down because it still has work. Bananas, yoghurt or healthy cereal are a good bedtime snack but remember, don’t eat too close to bedtime!

Sleep has a huge impact on our lives, it affects us mentally and physically. Having poor sleep hygiene will affect your mood, productivity and physical health whether you realise or not. SO, when you see any of the above being affected, one of the key things to focus on is your bedtime routine and environment. This is a change you will notice once you have cracked the habit of broken sleep and these tips will help you.