



TOP TIPS FOR IMPROVING SLEEP



1

KEEP YOUR COOL

If the bedroom is cool and your pre-bedtime bath or shower is warm, rather than hot, you will naturally get to sleep much easier. The ideal room temperature for adults is 60 - 67 degrees fahrenheit

2

KEEP IT DARK

Darkness helps the body to produce Melatonin, our "sleep hormone" allowing us to drift off much easier

4

THE BEDROOM IS FOR 2 THINGS ONLY!

Your bedroom is a sacred space, associations with working there will keep your brain ticking over when you enter the bedroom. Keep your bedroom for sleep and sex

3

NO CAFFEINE FOR 6 HOURS BEFORE BEDTIME

Caffeine is a stimulant, which prevents sleep. This can be found in coffee, tea, coke, dark chocolate and energy drinks. The effects of caffeine last for 4 - 6 hours in the body

5

NO TECHNOLOGY FOR AN HOUR BEFORE BEDTIME

Devices keep our brain active and the blue light impacts our Melatonin production. Put down phones, tablets, gaming etc to allow the body to wind down before bed

6

LIMIT ALCOHOL IN THE EVENINGS

Alcohol depresses our central nervous system, making us sleepy However, alcohol also affects the quality of our sleep, by reducing our REM sleep stage, when our mind processes and stores to memory

8

WRITE DOWN YOUR TO DO LIST FOR TOMORROW

Get your thoughts out of your head, allowing your brain to process and get the right quality of sleep

7

PRACTICE MEDITATION

The breathing and relaxation techniques practiced as part of meditation or visualisation helps the mind

9

HAVE A SLEEP ROUTINE

Keep your wake up time to within a maximum of 2 hours of your week day wake up time. This will minimise disruption to your natural sleep pattern

10

FEEL THE SUN

Serotonin, which we get from sunshine, helps with the production of Melatonin which helps our body to wind down



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