

WHAT IS SLEEP HYGIENE?



Sleep hygiene is simply the term used to describe good sleep habits that help you snooze soundly and wake up energized. Sleep hygiene is backed by considerable research, which has identified a set of guidelines and tips designed to improve your sleeping. In fact, there's plenty of evidence to suggest that these strategies can help you sleep better in the long run.

Though there are medications that can be used to address insomnia, they're only effective in the short term. The ongoing use of sleeping pills can lead to dependence and can even interfere with developing good sleep habits. Sleep hygiene is an effective alternative that can provide longer-lasting relief from sleep difficulties – so why not give it a try? Sleep tight.

Tips for good sleep hygiene

1. Get regular -

Going to bed and getting up at more or less the same time every day, weekends included and days off, will help to establish a regular rhythm for your body and make you feel better.

2. Sleep when sleepy -

Only try to sleep when you feel tired or sleepy, rather than spending too much time tossing and turning awake in bed. If you are not asleep after about 20 minutes, get up and do something tedious until you feel sleepy, then try again and avoid your phone or TV.

3. Sleep Space -

Make sure your bedroom is cool, comfortable and dark. If you're having difficulty sleeping due to noise or temperature, try using a fan or earplugs to muffle sound and keep the room cool.

4. Avoid caffeine & nicotine -

Avoid drinking or consuming anything with caffeine in tea, coffee, fizz drinks, chocolate, nicotine and some medications - It is best to avoid consuming for at least 4 to 6 hours before going to bed.

5. Avoid alcohol -

Try to avoid drinking at least 4 - 6 hours before sleeping. Many people believe that alcohol helps to relax and sleep, and this can be true at the start; however, it will lead to sleep issues later.

6. Bedroom is for -

Avoid using your bed for anything other than sleeping and sex - This will help your body learn to associate bed with sleep rather than other activities.

7. Exercise regularly -

Regular exercise can help will improve sleep quality and duration. Avoid at least 4 hours before bed; allow your body to wind down.

8. Establish a pre-bed routine -

Relaxing activities like reading a book, listening to music, or taking a bath can help signal to your body that it is time for sleep.

9. Avoid naps -

better to avoid naps during the day. This will ensure you are tired at bedtime. If you absolutely must take a power nap Limited to 10 - 15 minutes and never after 3 pm.

10. Ready for sleep -

Refrain from using laptop phones or watching telly in bed, as they are all stimulants.

11. Avoid clock-watching -

Worrying about the time or constantly checking the clock during the night can wake you up. Sleep always comes when you stop chasing it.

12. Use a Sleep Diary -

Keeping a Sleep Diary is a useful way of making sure you have the right facts about your sleep rather than making assumptions. Because a diary involves watching the clock (see point 11), it is a good idea to only record the time you went to bed and the time you woke up.

14 Keep the daytime routine -

We often want to sleep in after a bad night of sleep, but it's important to stick with your normal routine. After all, insomnia won't resolve itself if we sleep in - that just reinforces it. So, don't let sleep be the boss of you - fight the urge to sleep.

