

SLEEP HYGIENE



GET REGULAR

One of the best ways to train your body to sleep well is to go to bed and get up at about the same time everyday, even on weekends and days off! This regular rhythm will make you feel better and give your body something to work on.



TRY AGAIN

If you find yourself awake after 20 minutes, get up and leave your bedroom. Find something that will help you relax and set you in the mood for sleep, but no internet or television!



AVOID CAFFEINE

The effect of caffeine may last for several hours after ingestion, and you know caffeine keeps you awake. So you may want to reconsider having that nice cup of latte late in the evening.



WHEN SLEEPY

Only try to sleep when you actually feel tired or sleepy, otherwise you will just be staring at your ceiling fan for a very long time.



AVOID NICOTINE

Having a smoke before going to bed may seem like a great idea to help your body to relax, but you're really actually putting stimulants into your body that prevents you from sleeping.



AVOID SCREENS

Blue light from our smart devices keeps us awake later, so practice being "tech-free" at least 2 hours before bed.

AVOID NAPS

Napping prevents you from being tired when it comes to bedtime. If you really have to catch that forty winks, do make sure your nap is not longer than half an hour and before 3 p.m.



NO CLOCK-WATCH

Clock-watching is a vicious cycle. It reinforces negative thoughts about your sleep, and you end up anxious about not having enough sleep. Do yourself a favour, hide that clock.



SLEEP RITUALS

Develop your sleep ritual; it can be a warm bath, body relaxation technique, calming music or simply reading to set your body in the mood for sleep.



EXERCISE OFTEN

Exercise is good, however do not carry out strenuous exercise before bedtime as it circulates endorphins into your body, causing difficulty in sleeping.

BEDTIME SNACK

A light snack is recommended to help you sleep better, warm milk is ideal as it contains L-tryptophan, which helps you to sleep. However, avoid heavy meals before bedtime.



CLEAR MIND

Find ways to relieve stress and aggravation before you go to sleep. The bed is a place for rest, so do not bring your worries with you to bed.



SLEEP SPACE

Don't use the bed as an office, work-room or recreational room, do these elsewhere. Having a conducive environment for sleep is essential. Comfortable bed, quiet surrounding with ideal room temperature will help greatly.



SLEEP DIARY

Recording your sleep may help you to identify problematic areas that prevent you from falling asleep, some of these habits can be easily rectified.