

9 Tips to Improve Sleep

1 Stick to a routine.

Go to bed and get up at the same time each day regardless of how much you slept the night before.



2 Teach your body that bed is for sleeping.

Don't use the bed for any activities other than sleep (or sex). Do not use your phone, read, watch television, or eat in bed. If you don't fall asleep in about 15-20 minutes, leave the bedroom. Return to bed when you are sleepy.

3 Make the bedroom a haven.

Maintain a comfortable temperature, minimize light and noise at bedtime, and let light in only when you need to wake up.

4 Avoid sleeping in.

You may need to catch up on sleep, but don't sleep in for too long on weekends; you might confuse your body's internal clock. Instead, try a 30-40-minute nap during the day.



5 Avoid big meals at night.

Eat more than 2 hours before bedtime. If you're still hungry, a light snack at bedtime may promote sleep.

6 Avoid caffeine after mid-day.

Caffeine can linger for many hours, even though blood levels spike 30-60 minutes after ingestion.

7 Avoid drinking alcohol near bedtime.

Although it seems to help you fall asleep, alcohol can cause more disturbed sleep and, because it's also a diuretic, you may have more nightly visits to the toilet, which further disturbs your sleep.



8 Get outside during the day.

Exposure to light influences a person's circadian rhythms (daily sleep and wakefulness patterns), and sunlight is several times stronger than even the brightest indoor light.

9 Get active.

According to the Harvard Health News, exercise is the only proven way for adults to prolong deep sleep. However, don't exercise vigorously within 3-4 hours of bedtime, since this may lead to difficulty falling asleep.

