

SLEEP HYGIENE TIPS

Your behaviors during the day, not just before you go to bed can affect how well you sleep. Good sleep habits help improve day time alertness, clears toxic waste from the brain and maintain positive moods. Commit to following these basic steps for good sleep!

FIX A SLEEP SCHEDULE

Going to bed and waking up at the time every day will help you to fix your circadian rhythm, aiming for 7-9 hours of sleep every night.

DON'T TRY TOO HARD TO SLEEP

If you haven't fallen asleep in 20 minutes, get up and do something calming. Stressing about not sleeping can worsen sleep, hence intentionally choose to engage in a non-screen related relaxation activity when unable to sleep.

NO MORE CAFFEINE, ALCOHOL & NICOTINE

Consuming caffeine, alcohol and nicotine can affect your ability to fall asleep, since caffeine blocks adenosine receptors. Adenosine is a sleep-promoting chemical that is produced in the brain during our waking hours.

ALLOCATE A TIME TO WORRY

Keep some time in the day to jot down your worries, either you can speak with a counsellor or watch a video online on how to deal with stress. Working on stress during the day will prevent you from ruminating about them at night.

HEALTH IS WEALTH

Ensure you're eating nutritious meals and getting adequate sunlight with physical activity. These three habits are the trifecta for good health.

HAVE A NIGHT TIME ROUTINE TO UNWIND

At least 30 minutes before bed, do something to unwind your body and mind. (for example, aromatherapy) Ensure your room is quiet, comfortable and dark. Try using a eye mask, ear plugs, fan and white noise if necessary.

Find more resources at:

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