The article “7 Principles for Good Sleep” talks about seven principles that can help people get better quality sleep. My goal is to answer three questions in this essay.

According to the article, I think the most important principle is getting on a regular sleep schedule. I believe this principle is most important because it helps your body get into a routine and helps you wake up around the same time everyday as well so that you can make the most of your time each and every day. In my experience, having a sleep routine has made me get better quality sleep. I try to go to bed and wake up at the same time every day. This routine helps me accomplish my homework.

The most challenging principle for me is creating a comfortable sleep environment. I have issues falling asleep by getting distracted by my phone and not being able to stay asleep if I am too hot or cold. I find myself waking up during the night due to the change in body temperature I feel. After waking up, it is easy to get distracted and looking at my phone. I am tempted to buy more comfortable pillows and a sleep mask to see if they help me get a better night’s rest.

I suggest limiting screen time before bed. If you get too involved in social media scrolling, watching videos, or playing games, then it is easy to lose track of time and it’s harder to stop your brain from thinking. Devices also suppress melatonin production which also in turn makes it harder to fall asleep. It is also important to avoid eating and drinking before bed. Once in bed, I find it important to not have to wake up to use the bathroom during the night. Just the action of walking to the bathroom is enough to make me stay up later.

The seven principles discussed in the article are important to get better sleep. Sleep quality is important so that you can function and perform daily tasks. Having a good night’s rest also helps your memory. A quality sleep can promote better overall health and well-being.