3 Steps to Better Sleep

"Lack of sleep has become an epidemic in developed nations with around two-thirds of adults failing to get the recommended 8 hours of sleep." (Walker, 2017) Here's how you can start sleeping better tonight:

1

MAKE YOUR BEDROOM A SLEEP HAVEN. Keep it clutter free and as restful as possible. Avoid bright lights at night. Use blackout curtains. Make sure the temperature will be comfortable throughout the night. Some studies show that about 65 degrees is best for sleeping. If sounds keep you awake, consider a white noise machine .

2

DEVELOP A SLEEP HYGIENE ROUTINE. Spend a few hours getting ready to fall asleep . Find calming activities you enjoy and use them to tell your body and your brain that it's bedtime. Enjoy a cup of chamomile tea. Take relaxing bath or shower. Not only will you get clean but it also promotes blood flow, lowers body temperature, and calms the nervous system, which all promote sleep.

3

KNOW WHAT TO AVOID. Caffeine can make it hard to fall asleep even hours later. Alcohol can effect sleep quality. Blue light exposure from electronic devices in the hours before bedtime can interfere with melatonin production. if you must use them, you can set them to a setting that limits the blue light emitted. Eating a heavy meal or spicy foods in the hours before bed can also make trying to sleep difficult.