

SLEEP

A good night's sleep is just as important as regular exercise and a healthy diet.

If you want to optimize your health or lose weight, getting a good night's sleep is one of the most important things you can do. Here are a number of evidence-based tips to sleep better at night.

1. **Increase bright light exposure during the day:** Daily sunlight or artificial bright light can improve sleep quality and duration, especially if you have severe sleep issues or insomnia.
2. **Reduce blue light exposure in the evening:** Blue light tricks your body into thinking it's daytime.
3. **Don't consume caffeine late in the day:** Caffeine can significantly worsen sleep quality, especially if you drink large amounts in the late afternoon or evening.
4. **Reduce irregular or long daytime naps:** Long daytime naps may impair sleep quality. If you have trouble sleeping at night, stop napping or shorten your naps.
5. **Try to sleep and wake at consistent times:** Try to get into a regular sleep/wake cycle — especially on the weekends. If possible, try to wake up naturally at a similar time every day.

- **regular exercise:** việc tập thể dục đều đặn
- **a healthy diet** = *a diet that helps to maintain or improve overall health*: một chế độ ăn uống lành mạnh
- **to lose weight:** giảm cân
- **artificial bright light** = *refers to any light source that is produced by electrical means*: ánh sáng nhân tạo
- **have severe sleep issues:** có các vấn đề nghiêm trọng về giấc ngủ
- **insomnia** /ɪnˈsɑːmniə/ (n) = *a sleep disorder in which you have trouble falling and/or staying asleep*: sự mất ngủ
- **to worsen sleep quality:** làm cho chất lượng giấc ngủ trở nên tồi tệ hơn
- **a daytime nap** = *a short period of sleep during daytime hours*: các giấc ngủ ngắn vào ban ngày
- **to impair something** /ɪmˈpeɪr/ (v) = *to damage something or make something worse*: làm suy yếu, hư hại ...
- **a regular sleep/wake cycle:** chu kỳ thức-ngủ đều đặn

Source: <https://www.healthline.com/nutrition/17-tips-to-sleep-better>

SYNONYMS

- to get a good night's sleep ≈ to sleep better at night ≈ to improve sleep quality and duration
- to sleep and wake at consistent times ≈ to wake up at a similar time every day