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If you sleep less than 8 hours a night, read this:

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Hustle culture is trying to make you believe that sleep is overrated.

People who are mentally tough can power through.

The result? You're groggy and unproductive.

Follow these 5 steps to fix that:

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1. Determine Your Bedtime

First determine how many hours sleep you need.

If you don't know, google 'sleep calculator'.

Then note down the time you need to get up in the morning and work backwards.

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Most people vary their sleep patterns on the weekend.

But unless you are working night shifts, consider sticking to the same bedtimes every single day:

2. Stick to Your Bedtime

What is keeping most people from going to bed when they are tired?

- Your computer
- Your phone
- Your TV

They emit blue light which tricks your body into thinking it's daytime.

Turn them off 30-60mins before going to bed.

3. Create an Evening Routine

Be mindful how you spend the last hour before your bedtime.

Choose activities to benefit your sleep and health.

Ritualising your evening will help you fall asleep faster too.

How to transform your evening for great sleep:

Old Way:

• Netflix on TV
• Working on laptop
• Doom-scrolling phone

New Way:

• Read a book
• Journal to reflect
• Meditate to unwind

A solid evening routine will help become a better version of yourself tomorrow.

4. Create the Ideal Sleep Environment

Some simple hacks to increase your sleep quality:

- Minimise noise
- Have blackout curtains
- Room temperature cool
- Move your phone out of reach

5. Plan for Sleep Quality

Getting a good night's sleep is influenced by your choices in the day:

• Avoid caffeine at least 6hrs before bedtime
• Don't drink alcohol, it ruins sleep quality
• Limit drinking water 2hrs before bed
• No big meals right before bed

Thanks for reading!

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