Leading with CULTURE

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Teamwork with Integrity & Trust

Sleep deep, wake up happy!

Do you have difficulty sleeping? Or do you wake up tired and groggy despite long hours of slumber? If yes, then be warned: you could be inviting the risk of chronic physical and mental health conditions.

Getting quality sleep is extremely important. It can be hard, especially if it's your work, kids, or train of thoughts that's keeping you awake. Use some of these tips to practice good sleep hygiene.

Have a hot shower before you head to bed
This will first increase the core body temperature and then bring it down, helping you sleep better and quicker.

Keep your evening meal light
Spicy and heavy food can work up your digestive system, leading to disturbed sleep.

Avoid caffeine, nicotine, and alcohol
These stimulants disrupt the quality of sleep and are best avoided at least a few hours before bedtime.

Create your sleep rituals
Warm showers, meditation, or relaxation exercises are some habits you could build to tell your body it's time to sleep.

Set up your bedroom
Clearing out clutter, using fresh linens, and changing into comfy nightwear could make it more cozy and inviting.

Keep to a schedule
Waking up and sleeping at the same time regularly, irrespective of changing schedules, helps train your body.

Don't nap during the day
Busying yourself during the day will keep you away from your bed, helping your mind associate sleep with nighttime.

Refrain from checking time constantly
When you can't sleep, staring at the clock doesn't help; instead try laying still for as long as you can to drift into sleep.