What have influenced the quality of your sleep? The following factors may contribute to the quality of your sleep both physically and mentally.

Stress is one of the main factors as to why we don’t get quality of sleep. Working non-stop or too much can cause stress. Overthinking causes stress, and many more. You must relax your mind and body before sleeping to get that quality of sleep you wanted.

The bedtime diet also has a big impact on our sleep. It seems more difficult for us to have a high-quality sleep due to having a caffeinated drink since caffeine leave us energetic. Fortunately, a cup of hot milk before going to bed will help in improving sleep. Milk contains significant amounts of the amino acid tryptophan, which is one reason why many people feel sleepy after eating a big meal. Once tryptophan is consumed, it's converted to the natural hormone melatonin in the body, which helps to regulate our natural sleep state.

Using of gadgets must be a potentially huge factor. Using your phone or tablet before bedtime will lead you to a long time before sleeping because you won’t realize the time you are working on your gadget. Unlike reading books, it will only take you a few moments to get yourself to sleep.