Sleep

How to regulate sleep

Sleep is necessary but too much sleep can make life destructive. Also, regulating sleep is very important. Go to sleep on time and wake up on time is very important of your days activities.

Sometimes I sleep late and as a result I wake up late. When I wake up late, I lost major accomplishment of the day. Because of waking up late, I could not go to Oracle class few days. I was not able to update few computers I need to take care of. All these happen because my sleeping timeline has shifted at 1am to 8am. As a result, I couldn’t hit the slug line on time. My sleep time should be 11pm to 6:30am. 6:30am is my cutoff time, I have to wake up at 6:30am no matter what.

**Quick Sleep Tips**

Follow these tips to establish healthy sleep habits:

* Keep a consistent sleep schedule. Get up at the same time every day, even on weekends or during vacations.
* Set a bedtime that is early enough for you to get at least 7 hours of sleep.
* Don’t go to bed unless you are sleepy.
* If you don’t fall asleep after 20 minutes, get out of bed.
* Establish relaxing bedtime rituals.
* Use your bed only for sleep and sex.
* Make your bedroom quiet and relaxing. Keep the room at a comfortable, cool temperature.
* Limit exposure to light in the evenings.
* Don’t eat a large meal before bedtime. If you are hungry at night, eat a light, healthy snack.
* Exercise regularly and maintain a healthy diet.
* Avoid consuming caffeine in the late afternoon or evening.
* Avoid consuming alcohol before bedtime.
* Reduce your fluid intake before bedtime.