

How to get a Good night's Sleep



Set a schedule

Try to keep to a consistent timetable in order for your body to become accustomed to a regular sleep pattern every day of the week.

Getting up at the same time each day is much better during insomnia than trying to catch up on lost sleep or going to bed early or napping at odd times during the day. It is better to go to bed feeling sleepy rather than too early in an attempt to try and catch up.

If you feel the need to sleep in at weekends try to make it not more than an hour later than usual.

Don't force yourself to sleep.

If you haven't fallen asleep after 20 minutes, get up and do something calming. Read a book, draw, or write in a journal. BUT avoid computer, TV, and phone screens, or anything else that's stimulating and could lead to becoming more awake.

Avoid caffeine, alcohol, and nicotine.

Consuming caffeine, alcohol, and nicotine can affect your ability to fall asleep and the quality of your sleep, even if they're used earlier in the day. Remember, caffeine can stay in your body for up to 12 hours, and even decaf coffee has some caffeine!

Avoid napping.

Don't take naps during the day to catch up if you can help it, this will affect your natural rhythm and only add to your problem.

Use your bed only for sleep.

If your body learns to associate your bed with sleep, you'll start to feel tired as soon as you lie down. Using your phone, watching TV, or doing other waking activities in bed can have the opposite effect, causing you to become more alert.

Exercise and eat well.

A healthy diet and exercise can lead to better sleep. However, avoid strenuous exercise and big meals for at least 2 hours before going to bed. If you are having a bedtime drink try to make sure it is decaffeinated. Better still, have a milky or malty drink at bedtime to increase length of sleep and reduce broken sleep.

Sleep in a comfortable environment.

It's important to sleep in an area that's adequately quiet, comfortable, and dark, or it might be that your room is too light? Electronic devices may be emitting too much light? If your room is cold then try wearing bed socks, an electric blanket or a hot water bottle - they can all help. You might want to try using blackout blinds or an eye mask, ear plugs, fans, or even white noise if it helps to get a good night's sleep.