



# How To Sleep Better

**Transform your sleep from restless to restful.**



# About Sleep



**Sleeping well at night is essential to feeling good during the day. Good sleep helps to reduce stress, improve memory, lowers blood pressure, boosts the immune system and helps to maintain our body weight.**

**Our body's natural circadian rhythm (internal body clock) coordinates and optimises our mental and physical processes over a 24hr period including sleeping at night and wakefulness during the day.**

**Our brain receives light signals from our environment, activating certain hormones that can alter the body temperature, regulate the metabolism, keep us alert or draw us to sleep. At night, the body releases the sleep-inducing hormone melatonin and in the morning the body produces more of the actioning hormone cortisol.**

**Bright lighting, glowing laptop, mobile phone or television screens can affect the release of melatonin from the brain which is why it is suggested to stop using these appliances at least thirty minutes before going to bed.**



# About Sleep



**Our body temperature and metabolism are also part of our circadian rhythm with our body temperature dropping during sleep and our metabolism working at different rates throughout the day.**

**Although it may vary from person to person, it is recommended that the optimal bedroom temperature is between 20°C-18°C.**



**Our circadian rhythm can be disturbed by changes in temperature and light which can lead to other systems of the body not functioning optimally. Age, working hours, travel, hot weather, physical activity, health conditions, medication, stress and poor sleep habits can also influence our natural rhythm as our busy modern lifestyles often clash with our internal body clock.**

**It is generally suggested that adults need 7-9hrs sleep per night, with good quality sleep being characterised as falling asleep within 30 minutes of laying down, sleeping continuously or waking just once during the night and then falling asleep again within 20 minutes and feeling**



**refreshed upon waking the following morning.**

[www.akwellness.co.uk](http://www.akwellness.co.uk)

# Sleep Well



- **Create wind down ritual for the end of your day (extremely beneficial when working shifts!).**
- **Avoid caffeinated drinks towards the end of your day, enjoy a cup of valerian or chamomile tea instead.**
- **Avoid intensive exercise or heavy meals 2hrs before bedtime.**
- **Turn off blue light / TV / laptop / phone 30 minutes before bedtime.**
- **Journal or make a 'to-do' list for the next day.**
- **Practice gentle yoga.**
- **Take a warm bath infused with lavender, ylang ylang or sandalwood essential oils or magnesium salts.**
- **After bathing, lightly towel dry, warm a teaspoon of jojoba oil or sesame oil between hands, begin massaging the feet, then long strokes up the legs, circles around the knees, massage the fingers, then long strokes up the arms, circles around the elbows and shoulders, massage front and back of the torso with strokes towards the heart, then allow the oil to absorb into the skin.**



# Sleep Well



- **Meditate for 5 minutes.**
- **Place an aromatherapy diffuser with lavender or jasmine essential oils in bedroom 10 minutes before bedtime.**
- **Invest in a supportive mattress and pillow.**
- **Place heavy curtains in bedroom to block out external light.**
- **Have ear plugs handy to block out any distracting sounds.**
- **Notice the natural rhythm of your breath, inhale deeply, exhale slowly.**
- **Close your eyes!**



## Summer Nights

- **Close windows during the day, open in evening to let in the cooler air.**
- **Turn off any unnecessary heat generating lights and electrical appliances.**
- **Take a cool shower to lower your body temperature.**
- **Sleep downstairs or place your mattress on the floor to avoid rising heat.**
- **Sleep in breathable cotton pyjamas and bedsheets.**