Getting Full on Sleep

Sleep Hygiene

The dos and don'ts

7-8 hours a night

Reduction in the desire for unhealthy food

Reduction in appetite

Reduce nicotine and caffeine

Cut down on caffeine at least 6 hours before you go to bed, this includes tea, coffee, energy drinks and even chocolate. Even if you think that caffeine before bed makes no difference to you, chances are you are not getting enough deep sleep.

Nicotine is a stimulant, which will have a major impact on your sleep, so avoid smoking in the hours before bed.

Cut out late night exercise

Exercising during the day can help you to sleep better but leaving it to within 2-3 hours of bedtime can delay your sleep. If you do want to exercise in this time period, try to pick something gentler such as Yoga, Pilates or a walk.

Cut the devices

Avoid using all electronic devices for at least an hour before bed. If you do need to use them, make sure to block out the blue light, as this makes your body think its still daytime and stops you sleeping.

Get some sun

Getting 30 minutes of natural light in your eyes can help you sleep better at night and be more awake during the day. Getting sun in the morning can help your body to wake up and seeing the sunset can help your body to prepare for bed.

Find a routine

Your body has an internal clock that likes to be wake or sleep at the same time. Changing when you sleep can throw this out of balance and can result in mental and physical fatigue.

Hots baths before bed

Not only can this help you to relax but a hot bath can help your body temperature to drop once you're in bed. Did you know that when you sleep well, your body temperature should drop during the night and increases again as you get closer to waking up.

At night eat light and avoids fluids

When eating before bed, try to keep meals lighter, as heavy meals can cause indigestio and impact your sleep. Try to limit your fluids in the hours before bed to prevent trips to the toilet overnight.

Cut out alcohol

Whilst we think of alcohol as a way to help us relax, it has a big impact on the way we sleep, robbing us of our healing deep sleep. It might make us fall asleep quickly but the quality of sleep we have is poor, impacting how we feel the next day and our memories.

NHS Talking Therapies and Every Mind Matters have more information and advice.