

# TIPS TO **SLEEP** BETTER



Go to bed and **get up at the same time** every day.



Maintain an **appropriate sleeping environment**: dark, relaxing, not too hot nor cold.



Avoid caffeine (tea, coffee, etc.) and nicotine (cigarettes, etc.) for **at least 4 hours before going to bed**. These are stimulants.



Avoid using smartphones or watching TV just before bedtime. **The bright light from screens inhibits the secretion of melatonin** which is needed to fall asleep.



Avoid alcohol for at least 4 hours before going to bed. **It affects sleep quality.**



**A hot bath** an hour or two before bedtime helps.



**Do not use your bed** for watching TV, eating, reading or working on the laptop or phone.



Sleep rituals like relaxing **stretches or breathing exercises** before going to bed could help some people.



**Eating right is important.** Going to bed on a very empty stomach or immediately after a heavy meal can backfire.



**Regular exercise is helpful for a good sleep** but strenuous exercise before bedtime can disrupt sleep.

*Source: Dr Trideep Kumar Choudhury, consultant psychiatrist at Fortis Healthcare, New Delhi*



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# Sleep Hacks World Series Tips

**Jin-Ying Zhang**



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