

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



moneycontrol

Sleep Hacks World Series Tips

Kathleen Armour



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