

NATIONAL BED MONTH

MARCH

10 DOS AND DON'TS FOR BETTER SLEEP

Here are a few changes you can make to your lifestyle and sleep routine over a 24-hour period to ensure you wake up feeling healthy and refreshed.

DOs



Keep a regular bedtime and wake time where possible – it helps to strengthen your circadian rhythm and programme your body to sleep better



Get out into natural light as soon as possible in the morning – it helps to reset your internal body clock and makes you more alert



Say no to the electronics before bedtime – put away phones, tablets, gaming devices and switch off TVs as the blue light hinders melatonin production



Make sure the bedroom is cool, dark and quiet – and features a comfortable, supportive bed



Consider cutting back on caffeine – it affects us all differently, so if you're sensitive to it avoid 8 hours before bedtime

DON'Ts



Use alcohol as a sleep aid – although it is a sedative, it has an impact on the quality and quantity of your sleep



Exercise just before bed – exercise is great for sleep, but avoid 2 hours before bedtime



Go to bed full, hungry or thirsty – eat healthy food, at regular times and stay hydrated



Watch the clock – it can increase anxiety levels when you just can't fall sleep



Go to bed unless you feel sleepy – you can't force sleep, so go to bed when you feel tired