

Good Sleeping Habits

Sleep Hygiene

Sleep issues can come about for a variety of reasons ranging from stress, a snoring partner, poor digestion, heartburn, pain or anxiety just to name a few. The question is what are some positive adjustments you can make to your lifestyle and sleeping habits which will help you to achieve that elusive good nights sleep.

The Do's Of Getting a Good Nights Sleep:

Get to bed at the same time each day

This will reinforce the body's natural body clock so you're sleepy when you head off to bed

Get up from bed the same time each day (no weekend sleep ins)

Keeps your body synchronized

Spend some daytime outdoors or in natural light

Helps with melatonin production which promotes sleep

Make the bedroom as restful as possible

Keep the temperature cool, noise to a minimum and the room dark

No Technology

Don't use the bed as a lounge room, don't study, watch TV or use the phone, the brain needs to relate bed to sleeping

Take medications as directed

Prescription medication can make you alert or sleepy so follow the instructions and don't vary the time of day you take them

Be comfortable and relaxed

Maintain a comfortable sleeping temperature and ensure you have a good mattress and pillow.

Understand your sleep needs

Most people need a good 7-9 hours of sleep per night.. are you getting this?

The Don'ts of Getting a Good Nights Sleep:

Exercise before bed

This stimulates the body and can make it difficult to fall asleep

Engaging in stimulating activity just before bed

Having an important conversation, watching an exciting TV show or checking emails before bed can keep your mind active making it difficult to fall asleep

Caffeine in the afternoon / evening

Stimulants in the early to late afternoon and evening can keep the body and mind feeling active and can also act as a diuretic (coffee in particular), waking you during the night to empty a full bladder

Go to bed hungry or too full

If you like to snack after dinner then make sure it's light and easy to digest

Nap in the evening before bed

Avoid going to sleep on the couch in front of the TV, if you feel yourself nodding off then go to bed.

Stay in bed if you're awake

If you can't get to sleep then get up, do something (apart from using technology or watching TV, then go back to bed when you feel tired

Share your bed with children or pets

This is guaranteed to cause a disturbed nights sleep with the extra heat, wriggly little bodies and less room in the bed making it difficult to be comfortable

Look at the clock all the time

Clocks with bright numbers are a distraction and cause us to obsess about what time we fall asleep

Smoke

Nicotine is a stimulant and can keep you up

Use alcohol to help you sleep

This may help you to fall asleep but it will be a less restful sleep plus you will find yourself waking in the night to empty your bladder

Rely on sleeping tablets to help you sleep

This is a temporary fix and many of them leave you feeling lethargic and sleepy during the day