

7 Strategies To Improve Sleep

1. Develop a calming bedtime routine.
2. Relax body and mind through yoga or meditation, or drink a cup of warm milk with nutmeg.
3. Avoid workouts within four hours of bedtime. While regular exercise relieves stress, it also raises core body temperature, which can make falling asleep more difficult.
4. Avoid caffeine, alcohol, and sugary items within eight hours of bedtime.
5. Keep your bedroom dark, cool, quiet, and comfortable.
6. Maintain a regular sleep schedule, even on weekends.
7. Use your bedroom to sleep. Find another place to watch TV, consider daily issues, and plan your day. Over time, your mind will associate your room with sleep.

A lot of people with sleep problems use caffeinated beverage to make up for daytime sleepiness. Unfortunately, these stimulants contribute to more difficulties sleeping.