6 Tips for Better Sleep

WHY DOES SLEEP MATTER?

Poor sleep is a common problem: about 40% of us are sleep-deprived, and 20% of us can't get to sleep even when we try. Poor sleep can have effects ranging from anxiety to depression — while sleeping well can boost your mood, and even enable healthy eating and creative problem-solving.
Here are six tips to help improve your sleep:

1 Skip the nightcap

Alcohol may help you fall asleep, but it interferes with restorative 'REM' sleep, which is key to staying asleep and waking up refreshed.

2 Put down the phone

Avoid using your phone in bed — screens can keep your mind active, and the blue light they emit affects melatonin levels.

3 Keep your cool at night

The ideal temperature for sleep is around 65°F— too hot, and you may get restless; too cold, and you may struggle to fall asleep.

4 Put your worries to bed

Reflect on your day and set your mind at rest. If you're worrying about the day ahead, write down a realistic to-do list before bed.

5 Make time to wind-down

Spend 60-90 minutes before bed to step away from your work, mentally switch off, and prep yourself for sleep.

6 Practice relaxation

Being able to relax takes practice. Try "Progressive Relaxation": while lying in bed, slowly tense and relax each muscle while breathing deeply. Think of the word "relax" every time you breathe out.

GET STARTED WITH SLEEPIO

Learn to finally put an end to restless nights with Sleepio: a customised digital sleep programme that uses science-backed techniques to improve your sleep for good.

Sleepio

Start with a two minute quiz to discover your Sleep Score

www.sleepio.com/nhs