

Sleep better

Despite how important sleep is to physical and mental wellbeing, you may find it challenging to get enough quality sleep each night. Many factors can interfere with a good night's sleep: work stress, family responsibilities, illnesses. It's no wonder that quality sleep is sometimes elusive. You might not be able to control these factors that interfere with your sleep. However, you can adopt healthy habits that encourage better sleep. You can start with these simple tips.

1. Adopt a sleep schedule

Try to go to bed and get up at the same time every day, even on weekends. If you can't fall asleep, go do something relaxing but continue to maintain your sleep schedule and wake-up time.

2. Add physical activity in your daily routine

Regular physical activity and spending time outside every day can promote better sleep. However, avoid being active too close to bedtime.

3. Keep it cold and dark

Keep your bedroom cool, dark and quiet. Exposure to light in the evenings might make it more challenging to fall asleep. Consider using room-darkening shades, earplugs, a fan or other devices to create an environment that helps you unwind.

4. No devices before bed

Screen time can keep your brain wired, making it hard to truly relax. The light emitted from electronic devices can also suppress your natural production of melatonin. So try to disconnect for an hour or more before going to bed.

5. Manage your worries

Resolve your worries as much as possible before bedtime. Journalling, yoga, meditation, reading a book and listening to your favourite music can ease anxiety.

6. Eat & drink sensibly

Avoid going to bed hungry or stuffed. Nicotine, caffeine and alcohol deserve caution, too. If you need an evening snack, opt for something light.

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