



It's the season for a sleep check

Description



Changing the clocks may have sounded the alarm for us all to check our sleep hygiene.

In the wake of the spring equinox – when we've just put the clocks forward one hour – information and advice service [Independent Living](#) have shared some top tips for a good night's sleep.

It's an opportunity to make sure we're getting enough sleep

Whether we welcome this season for heralding lighter evenings – or curse it for shortening our time in bed – it provides an opportunity to make sure we're getting enough sleep to maintain good health.

Independent Living point out that during sleep, our bodies get a chance to restore and repair themselves.

Hormones are triggered to enable tissue growth which can help you recover from cuts, grazes and even sore muscles. To get a good sleep pattern, Independent Living recommend:

- wear blue light glasses – these help counteract the effect of blue light-emitting screens, leading to better sleep;
- more exercise – a regular routine of exercise helps you sleep better. Try and build exercise time into your daily routine;
- eat well – a healthy, varied diet with plenty of fruit and vegetables and whole grains contributes to better sleep;
- cut down caffeine and alcohol – caffeinated and alcoholic drinks can hinder sleep, so try not to consume them in the evening;
- afternoon naps are good, as long as they're short – if you favour a siesta, take no longer than 20 minutes;
- invest in a good quality bed – we spend around a third of our lives in bed, so it's worth investing in a really comfortable bed and mattress;
- essential oils may help – although they don't work for everybody or all the time, lavender and marjoram are both recommended;
- take a bath before bed – a relaxing soak in warm, not hot, water can help you relax and wind down;
- keep your bedroom cool – you won't sleep if it's too warm, aim for 18° C;
- ban electronic devices – many of us love our tablets and smartphones, but taking them to bed will make it even harder to fall asleep;
- remove disruptive pets – animals may need to be excluded from the bedroom if they disturb you;
- darken the room – blackout curtains at the window or a lightweight eye mask are both effective;
- sup a milky drink – bit of an old wives' tale, but still seems to work for some people despite the supposed science being debunked;

Think positive thoughts if anxiety keeps you awake

- take herbal remedies – valerian, hops and chamomile all have their adherents;
- think positive thoughts if anxiety keeps you awake – tell yourself you are well and safe. Focus on what you are grateful for and what you've enjoyed during the day;
- practise simple mindfulness techniques – mindful breathing, awareness of your body, deliberately stepping back from your thoughts, can all help ease you into sleep;
- get up straightaway – having another ten minutes doze when the alarm goes in the morning leaves you feeling more tired than if you got up quickly.

Category

1. Friends & Family

Date Created

28/03/2023

Author

cliveprice