

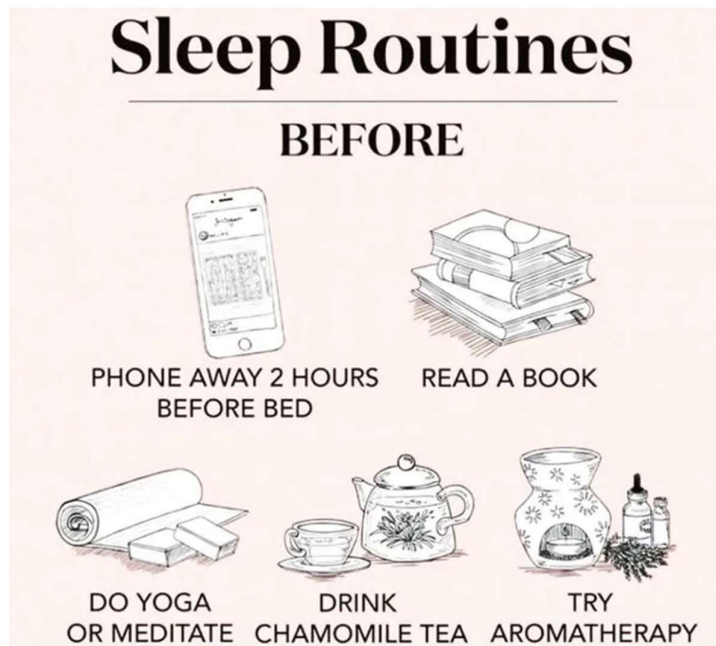
Tips to improve your Sleep

Improving sleep can have a major impact on physical health, mood, and cognitive function. Here are evidence-based tips to help you sleep better:



Establish a Consistent Routine

- Go to bed and wake up at the same time every day, even on weekends.
- Avoid naps late in the day, especially after 3 p.m.
- Create a calming pre-sleep routine (e.g., reading, light stretching, or a warm bath).



Create the Right Sleep Environment

- **Keep your bedroom cool, quiet, and dark** (ideal temperature: ~65°F / 18°C).
- **Invest in a comfortable mattress** – medium firm is better
- **Chose the right pillow for you.**
- **Use blackout curtains or a sleep mask** to block light.
- **Use earplugs or a white noise machine** if noise is a problem.
- **Keep your phone out of reach.**
- **Eliminate unwanted noise.** Close all doors & windows.

Creating an **optimal sleep environment**



Limit light exposure

Use curtains or blinds to block exterior light, and unplug light-emitting devices.



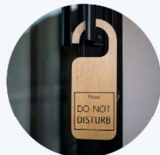
Keep electronics out of the bedroom

Keep your phone out of reach, and don't keep a TV in your bedroom.



Set your thermostat to a comfortable temperature

68 to 72°F (20 to 22°C) is believed to be the most ideal temperature range for sleep.



Eliminate unwanted noises

Keep windows closed, and use ear plugs to avoid exposure to noise.



Opt for a medium-firm mattress

Studies show that a medium-firm mattress is the best option for promoting sleep quality and comfort.



Choose the right pillow for you

The type of pillow that's right for you largely depends on your personal preferences and sleep position.

Limit Stimulants and Distractions

- **Avoid caffeine** (coffee, tea, chocolate, energy drinks) after mid-afternoon.
- **Limit alcohol**, which may help you fall asleep but disrupts sleep cycles.
- **Avoid nicotine**, which is a stimulant.
- **Cut screen time at least 30–60 minutes before bed.** Blue light from phones, tablets, and TVs interferes with melatonin production.

5 Tips to Fall Asleep Faster

- 1 Only use your bed for sleep
- 2 Create a bedtime routine
- 3 Reduce the temperature of the room
- 4 Avoid stressors before bed (e.g. checking emails, news, etc.)
- 5 Write down your thoughts before going to bed



Train Your Brain

- **Use your bed only for sleep and intimacy**—not work, eating, or scrolling.
- If you can't fall asleep within 20–30 minutes, **get up and do something relaxing** (e.g., read a book under dim light) until you feel sleepy.
- **Practice relaxation techniques** like deep breathing, meditation, or progressive muscle relaxation.

Be Mindful of Food and Drink

- **Avoid heavy meals** within 2–3 hours of bedtime.
- **A light snack** with complex carbs or protein may help if you're hungry before bed (e.g., a banana with peanut butter).
- **Stay hydrated**, but avoid drinking large amounts of water right before bed to prevent waking up to pee.

Get Natural Light During the Day

- **Expose yourself to sunlight early in the day** to help regulate your circadian rhythm.
- **Stay physically active**, but avoid intense exercise especially within 2–3 hours of bedtime.
- **Try come Night-time Yoga routine.** It relaxes your body & help you fall asleep faster.

Nighttime yoga routine for better sleep



Waterfall pose

Lie on your back and angle your legs 90 degrees in the air from your body.



Happy Baby pose

Lie on your back, grab the bottoms of your feet, bend your knees, and push them away from your body.



Wind-Relieving Pose

Lie flat on your back with one leg extended and the other tucked to your chest. Switch legs to stretch both sides.



Sleeping Butterfly pose

Bend your knees with your feet together in front of your hips. Slowly fold your spine forward with your head near your feet.



Supported Child's Pose

Take a pillow and sit on one end with your thighs spread to the sides of the pillow. Fold over to rest your body on the pillow.

Bonus Tip: Keep a Sleep Diary

- If you're struggling long-term, **track your sleep patterns**, mood, caffeine intake, etc.
- This can help you spot patterns or share helpful data with a doctor.

