



5 Top Tips to Aid That Perfect Night's Sleep

Getting enough quality sleep is key to maintaining good mental health. Difficulty falling asleep and difficulty staying asleep throughout the night are not uncommon issues, and can affect people's day to day life dramatically. Here are some suggestions to help get a better night's sleep.

Keeping to a regular routine

Keeping to a regular routine helps train the brain when to go to sleep. Sticking to a regular routine of when you go to sleep and when you wake up helps regulate your internal body clock, known as your circadian rhythm.

Increase your exposure to natural sunlight

Our internal body clocks are regulated by exposure to light, so increasing your time spent in natural sunlight during the day improves your energy during the daytime as well as the duration and quality of sleep at night time. Ideally, spending time in natural light early on in the day helps improve your circadian rhythm.

Avoid screens before bed

Mobile phones, tablets, laptops and computers all emit blue light which has the effect of waking you up when you really need to relax and prepare your body and brain for sleep. If possible, turn screens and the TV off an hour or two before bed, and if you wear glasses, opt for glasses that block blue light.

Avoid caffeine later in the day

If you don't need too much coffee to feel completely wired, think about reducing your coffee intake. Some of us (myself included) are a slow metabolizer of caffeine. For me, if I consume coffee after 10am, I cannot sleep that evening. If this is also your experience with coffee, avoid drinking caffeine later in the day and replace your drinks for non-caffeinated alternatives.

Create a tranquil bedroom

Having a tranquil bedroom and sleeping environment makes such a big difference to sleep. This includes getting the temperature just right for sleep – not too hot, but equally not too cold. Reduce noise from distractions such as traffic, and reduce hard lighting for softer more ambient lighting. You are aiming for a relaxing, clean and quiet sleeping space.