

# SLEEP HYGIENE

## 1) Make a Sleep time table

Set up a daily sleep schedule. Allot a particular time and stick to it. Try not to oversleep.

## 2) Let the sleep come naturally

Lay on the bed with a calm mind. If you cannot sleep after 20 minutes, try to indulge yourself in some comforting activity. Reading, diary writing, or doodling are good options. Keep yourself away from computers, TV, or any electronics that may stimulate sleeplessness, a few hours before sleep.

## 3) Monitor your caffeine, alcohol, and nicotine intake

These products contain a stimulating agent that can affect your sleep quality. More amount of caffeine you consume in a day, the more active and energetic you will be. However, for sound sleep, do not take beverages containing caffeine or alcohol. Avoid smoking before sleep.

## 4) Avoid napping in the daytime

Long and frequent naps can lead to insomnia and cause an uneven sleep cycle. However, a 15-20 min nap, for most people, does not affect night-time sleep.

## 5) Use your bed only for sleeping or resting

Our brain associate bed with sleeping. Whenever you sit or lie on the bed, our brain gets the signal that it's time to rest and our body feels relaxed. Therefore, it is not advisable to use a mobile, watch TV, or do any other rigorous activity near the sleeping area that can cause alertness and keep you awake.

## 6) Exercise and Balanced Diet

Physical activity induces the release of happy hormones that helps in sound sleep. Regular exercise keeps the mind and body in control. A healthy meal, about 2 hours before dozing off to sleep is good.

## 7) Watch out for a comfortable atmosphere

It is necessary to maintain a healthy and quiet environment for sleep. Create a classical music playlist and listen in low volume. Use noise cancellation headphones, if required. A dark room is the best to aid in sleep.

