TRUCHIRO

BONUS

PROVEN TIPS TO HELP YOU SLEEP BETTER AT NIGHT

A good night's sleep is just as important as regular exercise and a healthy diet.

Research shows that poor sleep has immediate negative effects on your hormones, exercise performance and brain function.

It can also cause weight gain and increase disease risk in both adults and children.

In contrast, good sleep can help you eat less, exercise better and be healthier.

Over the past few decades, both sleep quality and quantity has declined. In fact, many people regularly get poor sleep.

If you want to optimize your health or lose weight, then getting a good night's sleep is one of the most important things you can do.

A good night's sleep is as important as regular exercise & a healthy diet

INCREASE BRIGHT LIGHT EXPOSURE DURING THE DAY

Your body has a natural time-keeping clock known as your circadian rhythm.

It affects your brain, body and hormones, helping you stay awake and telling your body when it's time to sleep.

Natural sunlight or bright light during the day helps keep your circadian rhythm healthy. This improves daytime energy as well as nighttime sleep quality and duration.

In people with insomnia, daytime bright light exposure improved sleep quality and duration. It also reduced the time it took to fall asleep by 83%.

A similar study in older adults found that two hours of bright light exposure during the day increased the amount of sleep by two hours and sleep efficiency by 80%.

Try getting daily sunlight exposure or — if this is not practical — invest in an artificial bright-light device or bulbs.

Daytime bright light exposure reduced the time to fall asleep by 83%

REDUCE BLUE LIGHT EXPOSURE IN THE EVENING

Exposure to light during the day is beneficial, but nighttime light exposure has the opposite effect .

Again, this is due to its impact on your circadian rhythm, tricking your brain into thinking it is still daytime. This reduces hormones like melatonin, which help you relax and get deep sleep.

Blue light — which electronic devices like smartphones and computers emit in large amounts — is the worst in this regard.

There are several popular methods you can use to reduce nighttime blue light exposure. These include:

- Wear glasses that block blue light

- Download an app such as f.lux to block blue light on your laptop or computer.

- Install an app that blocks blue light on your smartphone. These are available for both iPhones and Android models.

- Stop watching TV and turn off any bright lights two hours before heading to bed.

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DON'T CONSUME CAFFEINE LATE IN THE DAY

When consumed late in the day, coffee stimulates your nervous system and may stop your body from naturally relaxing at night.

In one study, consuming caffeine up to six hours before bed significantly worsened sleep quality.

Caffeine can stay elevated in your blood for 6–8 hours. Therefore, drinking large amounts of coffee after 3–4 p.m.

is not recommended — especially if you are sensitive to caffeine or have trouble sleeping.

If you do crave a cup of coffee in the late afternoon or evening, stick with decaffeinated coffee.

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REDUCE IRREGULAR OR LONG DAYTIME NAPS

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While short power naps are beneficial, long or irregular napping during the day can negatively affect your sleep.

Sleeping in the daytime can confuse your internal clock, meaning that you may struggle to sleep at night.

In fact, in one study, participants ended up being sleepier during the day after taking daytime naps.
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Another study noted that while napping for 30 minutes or less can enhance daytime brain function, longer naps can negatively affect health and sleep quality.

If you take regular daytime naps and sleep well, You shouldn't have to worry. The effects of napping depend on the individual.

Sleeping in the daytime can confuse your internal clock

TRY TO SLEEP & WAKE AT CONSITENT TIMES

Your body's circadian rhythm functions on a set loop, aligning itself with sunrise and sunset.

Being consistent with your sleep and waking times can aid long-term sleep quality.

One study noted that participants who had irregular sleeping patterns and went to bed late on the weekends reported poor sleep.

If you struggle with sleep, try to get in the habit of waking up and going to bed at similar times. After several weeks, you may not even need an alarm.

DON'T DRINK ALCOHOL

·Downing a couple of drinks at night can negatively affect your sleep and hormones..

Alcohol is known to cause or increase the symptoms of sleep apnea, snoring and disrupted sleep patterns.

It also alters nighttime melatonin production, which plays a key role in your body's circadian rhythm.

Another study found that alcohol consumption at night decreased the natural nightime elevations in human growth hormone (HGH), which plays a role in your circadian rhythm and has many other key functions.

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OPTIMIZE YOUR BEDROOM ENVIRONMENT

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Many people believe that the bedroom environment and its setup are key factors in getting a good night's sleep.

These factors include temperature, noise, external lights and furniture arrangement.

In one study on the bedroom environment of women, around 50% of participants noticed improved sleep quality when noise and light diminished.

To optimize your bedroom environment, try to minimize external noise, light and artificial lights from devices like alarm clocks. Make sure your bedroom is a quiet, relaxing, clean and enjoyable place.

SET YOUR BEDROOM TEMPERATURE

Body and bedroom temperature can also profoundly impact sleep quality.

As you may have experienced during the summer or in hot locations, it can be very hard to get a good night's sleep when it's too warm.

One study found that bedroom temperature affected sleep quality more than external noise.

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RELAX AND CLEAR YOUR MIND IN THE EVENING

Many people have a pre-sleep routine that helps them relax.

Relaxation techniques before bed have been shown to improve sleep quality and are another common technique used to treat insomnia.

In one study, a relaxing massage improved sleep quality in people who were ill.

Strategies include listening to relaxing music, reading a book, taking a hot bath, meditating, deep breathing and visualization.

In one study, a hot bath 90 minutes before bed improved sleep quality and helped people get more deep sleep.

EXERCISE REGULARLY — BUT NOT BEFORE BED

Exercise is one of the best science-backed ways to improve your sleep and health.

It can enhance all aspects of sleep and has been used to reduce symptoms of insomnia..

One study in older adults determined that exercise nearly halved the amount of time it took to fall asleep and provided 41 more minutes of sleep at night.

In people with severe insomnia, exercise offered more benefits than most drugs. Exercise reduced time to fall asleep by 55%, total night wakefulness by 30% and anxiety by 15% while increasing total sleep time by 18%.

Although daily exercise is key for a good night's sleep, performing it too late in the day may cause sleep problems.

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