



OUR TOP 9 TIPS TO A BETTER NIGHTS SLEEP

Avoid Food 2-3 Hours Before Sleep



Your digestive system needs time to digest the food you've eaten, and the energy invested in doing this, often prevents your body from winding down and preparing to sleep.

Don't Do Any Vigorous Exercise Under 2 Hours Before Bedtime



Though exercise can tire you out and is especially good for those coming out of high adrenaline states (performing), it is best to avoid exercise under two hours before bed, helping your body get into a more relaxed state.

Write Down Unprocessed Thoughts and Feelings



The end of the day, is often when our mind races with all the thoughts we have yet to process, so take the time to write them all down and get them out of your head, to allow a clearer mind to get ready to sleep.

Refrain From Napping In The Daytime.



Whilst power naps can be good, you should have no more than one 10 minute nap a day to give you a boost in energy. Often long naps make us more lethargic, so refrain from taking those naps, your sleep pattern will thank you in the long run.

Set Alarm For The Same Time Every Day



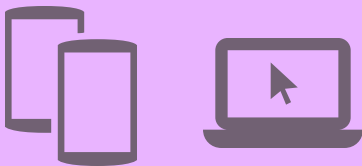
Our body clock goes in cycles, and by creating a regular routine that can be carried out even on weekends, it will help you to get a better nights sleep.

Only Use Bedroom For Sleep (Or Sex)



Creating an environment that is only used for rest, will help your subconscious to associate the bedroom with sleeping and thus aide your ability to get a better nights sleep.

Avoid Digital Devices An Hour Before Bed



The light given off by digital devices, prevents the body from producing the melatonin (sleeping chemical) to help us get to sleep. So where possible refrain from digital devices an hour before bed, and where not, switch the device to night mode, which uses colours more complimentary to aid melatonin production.

Refrain From Drinking Caffeine After 3pm



Caffeine as we all know is a stimulant to help give us energy, but what many don't know is it takes 5 hours to start to wear off and 12 hours to start to fully subside. So to avoid being wired through the night, cut your caffeine intake after 3pm.

Create Inviting Sleeping Space



Make your sleeping space as inviting as possible. Only lie down on your bed when ready to sleep, utilise essential oils like lavender that aide sleeping, invest in a sleeping mask or black out curtains to block out light from your vision and any other items that will help you get a better sleep at night.

For more information or support please contact

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