

Turn to the left, turn to the right, try rolling onto your back or perhaps lying on your stomach. Does this sound familiar? You climb into bed and want to fall asleep, but you just can't. The more you want it, the harder it becomes. First of all, we all know the feeling of not having slept enough. The normal daily routine becomes exhausting, you get into a bad mood and lose your ability to be productive. These are all things that have an effect on upcoming tasks. Getting enough sleep is also important for complete regeneration. People who regularly work themselves into the ground should even sleep longer. Those who have trouble falling asleep and want to improve their sleeping pattern might find the following tips helpful.

1. NO FOOD BEFORE SLEEPING

Do not eat before going to sleep. Ideally, the last meal should be between 2-3 hours before going to sleep. Aside from the unpleasant feeling of being full and the pressure on the stomach, your body is also busy digesting. Those who absolutely cannot resist eating should instead try eating a small portion of easily digestible food.

2. SLEEP-WAKE CYCLE

This is very difficult for some people to stick to. Humans are creatures of habit, and studies show that humans who stick to a certain sleep-wake cycle suffer less from sleep disorders.

Falling asleep is more difficult if the body does not produce enough of the natural sleep hormone „melatonin“. A healthy diet and regular exercise help the body to restore the self-regulation necessary for a good night's sleep.

3. 7-8 HOURS OF SLEEP

The average recommended amount of sleep is 7-8 hours. Some people receive less, some more. People who work hard will need at least 7 hours, that is, if they prefer a good night's sleep. Sleep is also important for regeneration because the body gets „repaired“ overnight. Nevertheless, this tip should not be considered too strictly. Each person has his or her own individual daily routine and needs different amounts of sleep depending on physical and mental strain.

4. AFTERNOON NAP

An afternoon nap can be beneficial for a typical day. A large part of concentration gets lost around noon. Even 10-30 minutes can be enough to restore energy levels for the rest of the day. It is not recommended to sleep for longer than 30 minutes, as this may leave you feeling lethargic rather than energised.

5. AVOID DRINKS THAT CONTAIN CAFFEINE

It sounds logical, but it is still worth mentioning. Food or drinks that contain caffeine should not be consumed in the evenings. Black tea and energy drinks that contain guarana can disturb sleep more than coffee, as the effects last longer.

6. POSITIVE THINKING

This seems to be the hardest step for most people. You might be worried, having had a stressful day and finding yourself mulling over every minor detail. The brain is suddenly more active than ever before. Try to suppress negative thoughts and use your imagination to invoke positive thoughts/images. It may sound trite to some, but it actually helps. Positive thoughts soothe the brain, while negative thoughts challenge it.

7. LIGHTS OUT

You should try sleeping without a light on, because the light can keep you awake even if your eyes are closed. It is especially advised to turn off the computer or television, because these devices also emit light and interfere with sleep. Staring at your phone right before going to bed should also be an absolute no-no.

8. THE RIGHT BED

Backache from sleeping. Some of us will recognise this problem. If this problem is not due to an injury, a new bed or mattress should be purchased. There are orthopaedic mattresses available that adapt to the shape of your spine. Seek advice from a professional, as each person needs a different mattress according to height and weight.

9. NO NOISE

Every little noise can be distracting and interfere with sleep. Even ticking clocks can be exasperating, which is why it is important to try and do everything possible to obtain peace and calm in the bedroom.

10. FRESH AIR

Quickly ventilating your room before bedtime increases the amount of oxygen in the room, which enables better blood flow to the brain.

WE WISH YOU SWEET DREAMS!