Sleep Hygiene

Work demands may not always allow us to get enough time to sleep. While we keep trying to ensure we get enough hours of sleep, we may not pay attention to how well we are sleeping. But that is equally important.

Sleep hygiene refers to doing certain simple tasks before sleeping to ensure that our quality of sleep is good.
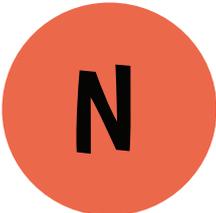
Here are a few sleep hygiene tips for you to try out:

Remember: **SNARB**

S — Screens

- Sleep hormone (melatonin) signals our body to sleep or wake up
- Electronic screens release artificial blue light which interferes with the release of sleep hormone in the body
- Avoid using mobile/laptop/computer screens one hour before your bed time

N — Night rituals

- Just as we get ready for our day in the morning, doing same before sleeping sends the message to the brain, that it's time for sleep
- Wear your night suits, take a shower or listen to light music

A — Avoid

- Avoid long-day time naps on days when you are going to get enough time for night sleep
- Avoid watching the clock repeatedly while trying to sleep since it can increase your stress & make it difficult to fall asleep

R — Remember

- No heavy meals, caffeine, tea, alcohol or workout late in the evening as they keep your brain active/alert and make it difficult to fall asleep or stay asleep at night
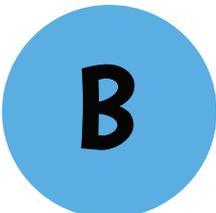
B — Bedroom

- Quiet, dim, environment with comfortable pillow and mattress makes it easier to fall asleep
- Use the bed only for sleep and intimate moments with your partner, so that the brain associates the bed with these activities

Some activities you could try for a better sleep

Take the SNARB Sleep Hygiene Challenge - 5 tasks for 5 days:

Day 1	No watching screens 1 hour before going to bed
Day 2	Do one relaxing activity before going to bed
Day 3	No checking the time repeatedly when trying to fall asleep
Day 4	Do not consume tea/coffee within 4 hours before going to bed
Day 5	Avoid using the bed for activities such as working, watching something on your phone/laptop

How many did you try? Did you feel any difference?

Try the relaxing meditation as explained in this audio just before sleeping.

https://3cubeservices.com/health-portal/

Let us know if it helped you sleep better.