

Five Key Ways to Improve Your Sleep Routine In 2021

In the modern age, many factors can prevent you from getting a restful night's sleep. From Netflix binges to excessive phone time late at night, what seem like fundamental aspects of daily life to some can be one of the most detrimental things to your health and overall wellbeing in the end.

Having a restful night's sleep is a big part of creating a healthy lifestyle and maintaining good overall health. Experts say an average adult should get between 7 to 9 hours of sleep each night, but the catch is that sleep needs to be sound and restful sleep.

You ideally want to achieve deep and consistent REM cycles throughout the night to restore your body. Research has repeatedly demonstrated the value REM sleep can provide to the body, including improvements to mood, memory, and general wellness. So how do you not only get more sleep throughout the night, but also improve your overall sleep quality?

Here are 5 easy ways to improve your sleep routine to help improve your overall health;

1. Good Sleep Starts in a Great Bed!

To get the best night of sleep, you have to start with a comfortable mattress. You won't get restful sleep on a hard or lumpy mattress. The best option is a memory foam mattress that will feel more like you're sleeping dreamily on a cloud, such as a [Nectar Sleep Mattress](#). Memory foam mattresses help to improve your overall sleep quality, as well as your ability to fall asleep faster.

2. Limit Your Screen Time Close to Bedtime.

It's better to find a quiet activity before bedtime that doesn't involve using a screen. You should turn off your phone, tablet, or even TV about a half-hour to an hour before you try to go to sleep. Try reading a book or newspaper or listening to soft music instead.

3. Decorate with Your Bedroom with Softer Colors.

Bright colors or glossy walls will make it harder for you to get to sleep. Try using hues of blues and greens or even subtle yellows to decorate your bedroom for better sleep. These cooler colors promote calm and relaxation, which help ease you into a restful state for you to go to sleep.

4. Only Use Your Bedroom for Sleep.

It will dramatically improve your sleep routine if you only associate your bedroom with sleep. Avoid using your bedroom as an office or to lounge about during the day, as this association can not only wreak havoc on your sleep schedule but your overall sleep quality as well.

5. Establish a Pre-Bedtime Routine.

You should try to get into the habit of doing the same things each night before bed. This will help your body learn to relax before sleep each night. Be sure to keep these activities fairly low-intensity and consider routines that directly help influence a more relaxed state.

Final Thoughts

Sleep is one of the most fundamental yet overlooked aspects of maintaining overall physical and mental wellbeing. Research repeatedly demonstrates the benefits and necessity of maintaining a healthy and consistent sleep routine.

Give yourself a better future today. Focusing on improving your sleep routine now will give you enhanced overall general health for years to come! Nourishing your body with the sleep it needs to thrive is one of the easiest ways to improve your health and overall wellbeing, gently carrying you throughout your life into old age.