

Get less done in a day? Get back in bed!

"Adequate sleep is the ultimate productivity hack. Explore proven ways to get better sleep and unlock your best performance.

"We live in an "always-on" world where busyness is worn as a badge of honour. We boast about back-to-back meetings, 2 a.m. emails, and how we "just don't have time to sleep." When someone admits to getting seven hours, it's often met with scepticism. You might even quote with a hint of pride: *"I don't sleep—sleep is the cousin of death."*

But the truth is, sacrificing sleep doesn't lead to success; it leads to burnout. Sleep isn't a luxury; it's a necessity that fuels our creativity, focus, and productivity. Each night of poor rest takes a toll on our [health](#) and the quality of our work.



Creating-the-right-environment-for-a-restful-sleep

Take back control of your sleep:

Start with a consistent routine. Treat bedtime as non-negotiable – schedule it for the same time every day, seven days a week. Your body responds well to [rhythm](#), and soon your internal clock will know exactly when to wind down and when to wake up feeling refreshed.

Next, create a sleep-conducive environment. A cool, dark, quiet space is essential. Say goodbye to your phone and laptop before bed, as the [blue glow](#) can trick your brain into thinking it's still daytime.

Then, slow down before bed. Avoid heavy meals, late-night caffeine, or binge-worthy shows, as they'll keep you wired. Instead, opt for gentle stretches, a book, or quiet time to signal to your body: *it's time to rest*.

And don't forget the importance of nature. A daily walk in the sun helps regulate your body clock and reduces stress – a timeless survival tool that still works in today's fast-paced world.