

CREATE A SLEEP ROUTINE

3 TIPS FOR CREATING A BEDTIME ROUTINE FOR HEALTHY SLEEP



We schedule our work meetings, events, and exercise -- so why not establish and schedule a routine before you go to bed? By establishing a regular routine, you're training your brain when it's time to sleep and get up.

This means you not only get better sleep but potentially more energy during the day as well.



Keep a Consistent Sleep Schedule

Keeping a consistent sleep schedule is vital; it helps your body and mind recover and prepares you for the following day. To avoid curtailing your sleep, write down when you want to be awake each morning, and work backward at least 7.5 hours to find when you should be laying down. Your body will naturally gravitate towards a consistent schedule.



Take a Bath

Taking a bath before bed is a good way to facilitate a good night's sleep, not to mention a good way to unwind from a stressful day. Taking a bath 90 minutes before bed, at a temperature between 104 to 109 degrees Fahrenheit, has been shown to help people fall asleep 10 minutes faster on average.



Keep a Journal

This simple exercise is one of the easiest ways to help you get to sleep faster and stay asleep longer. All you need is a notebook and pen and a few extra minutes at night to write in a journal before you go to bed.

One study from Baylor University showed writing down a to-do list for the next day helped people fall asleep 9 minutes faster on average than those who didn't. That's just one of the many ways journaling helps you sleep.



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