

SLEEP HYGIENE



INTRODUCTION

Enough sleep is just as important for good health as nutrition and exercise.

Obtaining healthy sleep is important for physical and mental health, improving productivity and our overall quality of life. Everyone from children to older adults, can benefit from better sleep and sleep hygiene plays a key part in achieving that goal.

Sleep hygiene is a function of our environment and daily habits, it can also pave the way for higher-quality sleep and better overall health.

WHAT IS SLEEP HYGIENE?

Just like they say culture is a way of life of people living in a particular area, it is important to view sleep hygiene as a way of life. Just the way we have personal hygiene, dental or food hygiene, sleep hygiene is a good way to get sleep. It is a set of rituals that you practice everyday to get adequate sleep at night and feel well rested, alert and refreshed during the day.



Good sleep helps your mind and body to replenish cells, restore energy, rebuild tissue, aid memory, reduce stress and relax your muscles. Getting enough sleep can provide many benefits for your physical and mental health as well. A proper amount of sleep helps to lower your risk of heart disease, stroke, cancer, diabetes, obesity and Alzheimer's. It also helps to keep your energy level up, improves your mood, and fights off anxiety and depression.

HOW TO PRACTICE GOOD HYGIENE

There are several easy-to-do steps you can take each day that will have a direct effect on the quality of your night sleep. Let us look at a typical day and see how you can start practice sleep hygiene

MORNING

Sleep hygiene actually begins in the morning the moment you are up from bed. Start your day with gratitude, exercise (low intensity-high intensity), limit smoking and limit caffeinated drinks.

AFTERNOON

No nap but if you must nap let it not exceed 30 minutes. Exercise in mid-afternoon or late afternoon but not close to bedtime. No caffeinated drinks and no smoking.

EVENING

Start winding down with activities. Allow your night be for rest and for sleep. No thinking about work, money or stressful situations before bed.

BEDTIME

Observe your personal hygiene, make sure your bed is neat and comfortable, and properly regular the room temperature, take out gadgets, your room must be dark with no noise.

Go to bed at the same time each night and get up at the same time each morning, including on the weekends

Our team of sleep therapist are on ground to help you more. Contact us today on www.premiumwellpro.com