

25 Facts for A Good Night's Sleep

To Optimize Your Sleep

1. Sleep in a dark room. Even the glow from your alarm clock could be interfering with your sleep.
2. Snoring is a primary cause of sleep disruption.
3. Misuse of prescription sleep aids
4. Self-imposed sleep deprivation
5. People who do not sleep enough have bigger appetites due to the fact of leptin levels (appetite hormone)
6. A seasonal disorder may be influencing your sleep patterns
7. Winding down and relaxing before bed may help, make a plan of action for the next day
8. The body NEVER adjusts to shift work
9. Exercising in general provides a sounder sleep
10. It is best to have a regular sleep pattern
11. Cooler temperatures help you sleep better
12. Avoid alcohol, caffeine and cigarettes
13. Avoid day time naps or limit them to 30 minutes
14. Do not allow yourself to fall asleep in front the TV
15. Impaired sleep may weaken your immune system
16. Increase your melatonin, ideally by more natural exposure to sunlight in the daytime.
17. Make sure your bedding is comfortable
18. A little meditation at night time helps you relax
19. Go to sleep preferably between 9:30 and 10:00 pm.
20. Keep to a consistent sleep routine of sleeping and waking
21. In general adults need seven to nine hours of sleep per night
22. Chronic sleep deprivation can cause a pre-diabetic condition
23. Smartphones and other hand held devices can interfere with your sleep
24. Do not stay in bed while you are wide awake
25. Eat at least 3 hours before bedtime