

StairSteady's top 10 tips for a good night's sleep:



- ❖ Give yourself a bedtime - Sticking to a schedule allows your body to set its internal rhythm so you can get up at the time you want.
- ❖ Sleep only at night - Avoid daytime sleep if possible. Daytime naps steal hours from night-time slumber.
- ❖ Exercise - Twenty to thirty minutes of exercise every day can help you sleep, but be sure to exercise in the morning or afternoon.
- ❖ Have a hot bath or shower - Helps bring on sleep because it can relax tense muscles.
- ❖ Don't eat just before bed - Give yourself at least 2 hours from when you eat to when you sleep. This allows for digestion to happen (or at least start) well before you go to sleep so your body can rest well during the night.
- ❖ Avoid caffeine - It keeps you awake and that's now what you want for a good night's sleep
- ❖ Read a fiction book - It takes you to a whole new world if you really get into it. And then take some time to ponder over the book as you fall asleep.
- ❖ Cool down your room - Most people sleep better in cooler weather, so make sure that you have your bedroom set to the proper temperature. You shouldn't be too cold or too hot.
- ❖ Sleep in silence – Avoiding distractions will allow you to feel more restful and to fall to sleep more easily.
- ❖ Avoid alcohol - It's a depressant; although it may make it easier to fall asleep, it causes you to wake up during the night.