

Tips for better and comfier sleep by Comfier Sleep

Once again thanks for enjoying our products! In this day and age, we are living hectic lives with many distractions and stressors during the day. So having comfy and healthy sleep is becoming more crucial than ever before. We have compiled a list of easy-to-follow recommendations for you. This way you can use these tips to fall asleep better and have a better quality sleep during the night.

Recommendations for better sleep:



1. Getting up at the same time

Routine is underrated when it comes to sleep quality. Your body during time develops an “internal clock” which regulates your recovery and sleep patterns. So it is best not to disturb it too much and keep the same schedule for waking up.

2. Evening walks

Going for a calm and relaxing walk can do wonders for your sleep quality and even your mental health. Recent studies are showing that people who have evening walks have better general health.



3. Comfortable bed

Well, you are definitely on the right path with this! :) Having good quality bedding products is crucial for comfortable sleep. Fidgeting and constantly moving to adjust your position or overheating can have a serious impact on the quality of your sleep.

4. Cool and dark room

Preventing morning light coming in is very beneficial because otherwise, it can wake you very quickly. And having a cooler room can also help you fall asleep faster. Being too hot and uncomfortable disturbs you during the night and prevents you from having decent sleep.



5. Relaxing bath

This is very easy to implement. Having a warm and sometimes even hot bath or shower is highly recommended before sleep. This way your body is sending blood to your skin and lowers your core temperature. Research shows that this way you will fall asleep quicker.



Things to avoid before bed:



1. Heavy Food

Difficult to digest food is generally not the best option before sleep. Your body will be working very hard to digest it and will keep you awake for longer than normal.

2. Blue light

This one is very hard to implement because most of us are addicted to phones. But if possible try to avoid checking your phone, tablet, or even TV at least 30 mins before bedtime. We are programmed by evolution to associate blue light with waking hours. And you don't want to send such signals to your brain before sleeping.

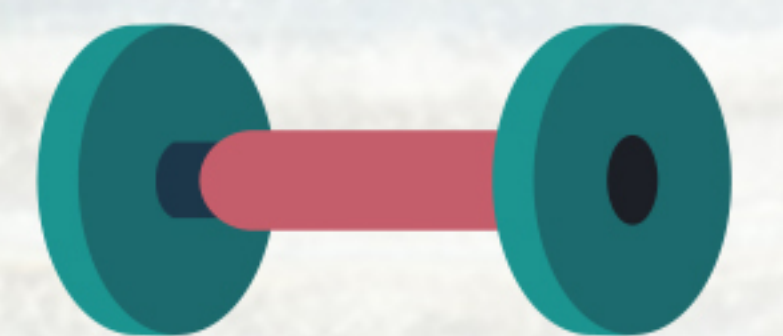


3. Alcohol, smoking, and caffeine

Contrary to some common wisdom alcohol is a stimulant as well as nicotine and caffeine. And generally having any substances that stimulate your nervous system just before sleep is not the best idea.

4. Hard training

Exercise is generally very good for you and your sleep quality. But it has to be done at the right time. Your body needs some time to calm down before sleeping so try to avoid very hard training at least a few hours before your standard bedtime.



5. Stress

This is also a difficult one to control because there can be many outside factors. However, if possible it is best to avoid checking work emails or doing other stressful activities before sleep.

GOOD NIGHT
Sweet Dreams