



Tips To Improve Your Sleep

The importance of a good nights sleep cannot be underestimated. It is essential for your physical and mental wellbeing. Sleep problems are common, so I have set out below a few tips which will ensure a good nights sleep.



Exercise Regularly

Take part in some regular exercise each day such as walking or swimming. This helps to relieve your stress and relax your mind and body

Create a relaxing environment

Create a relaxing environment in your bedroom and make the room comfortable, dark and airy. Remove anything which is not sleep related and which may cause a distraction, such as Television, exercise equipment. Make the room exclusively for Sleep



Avoid stimulants

Avoid stimulants such as tea, coffee, alcohol and smoking before bedtime. These will keep you awake and make it harder for you to fall asleep. You will sleep better if you have a milky drink such as cocoa or even a herbal tea.

Learn to Relax

Relax before going to bed by listening to some soft music, or a warm bath, this will help you unwind. The key is to switch off from any tension that have built up during the day. Learning to unwind is extremely important..



Get into a routine

Get into a routine by going to bed and waking up at the same time, even at weekends. This helps to set your body clock which can make a big difference in terms of the amount of sleep you get and the quality of the sleep.

Write Down Worries

Write down anything that is worrying you before you go to sleep. Tell yourself you will deal with these matters in the morning and make a habit of doing it everyday. This will clear your mind of thoughts that may well keep you awake.



Go For A Massage

Go for a massage every now and again as this really can get you feeling relaxed and help you unwind. Alternatively if you have a partner who is willing to learn massage techniques, even better.

Have A Bedtime Snack

Having a bedtime snack can lead the brain to thinking that it is time to sleep if it is part of a regular routine. Nothing too heavy, but something light that will satisfy any hunger pangs during the night.



A final word on sleep deprivation

Being tired can lead to lots of different problems including being snappy with people, not being able to concentrate, and most of all it can make you feel unwell in many ways. If you think that you are in a position where speaking to an expert can help then please contact Alix Needham for your free initial consultation. .

If you are interested in a complimentary consultation or would like to book an appointment then please email me on info@alixneedham.com or call me direct on 020 7935 1965,

Book a consultation