Did you know?.....

Good sleep hygiene is one of the most important ways to help the body and mind function.

Many people will identify that their sleep habit and patterns are less than ideal.  Impaired or poor sleep can negatively affect an individual’s energy level and their ability to think, focus and concentrate during the day.  With severe sleep problems an individual can also experience significant cognitive impairment during the day.

These are some very practical and effective ways to optimize one’s sleep and really should work for most people:

1) Decrease CAFFEINE!

Decrease caffeine intake during the day and especially in the afternoon or night.  Caffeine can be found in coffee, tea and certain foods, such as chocolate.  Some individuals have a very poor tolerance to caffeine and even a small amount of coffee in the morning or early afternoon will impair or affect the quality of their sleep.

2) Decrease ALCOHOL!

Decrease alcohol intake, especially during the afternoon and evening hours.  Alcohol can be one of the more ominous causes of sleep impairment and can specifically impair a good restorative sleep pattern.

3) Increase EXERCISE!

Increase aerobic activity levels, especially activities such as walking, running or swimming.  There is strong evidence that regular aerobic exercise can help improve sleep cycles and quality.  If you do plan on exercising then the morning may be more ideal for most compared to the evening in order to help improve sleep.

4) Decrease SCREEN TIME!

Decrease the amount of electronic or screen exposure, especially in the evening or night hours.  Many people will try to fall asleep to a TV or some sort of electronic device (computer, iPad, cellphone, etc).  If sleep becomes an issue however, it’s best to avoid these practices.  Instead, try reading a book or magazine.  Evidence shows that these practices help improve sleep quality.

There are more tricks and tips to help improve sleep and sometimes certain things work a bit different for some than others.  Trying the above tips is always a safe first step.  Of course, if there are other concerns or more unique features to your sleep troubles consult your physician to have a further discussion.