

TIPS TO
IMPROVE YOUR SLEEP





Relaxing bedtime Routine

A relaxing bedtime routine involves calming activities before sleep to help prepare the mind and body for rest. It reduces stress and signals to the brain that it's time to unwind. Consistent routines improve sleep quality by making it easier to fall asleep.



Sleep Schedule

A consistent sleep schedule involves going to bed and waking up at the same time every day. It helps regulate your body's internal clock, making it easier to fall asleep and wake up refreshed. Sticking to a sleep schedule improves sleep quality and overall health.



Avoid caffeine in the day

Avoiding caffeine during the day helps prevent it from interfering with your sleep at night. Caffeine is a stimulant that can stay in your system for hours, making it harder to fall asleep. Limiting caffeine intake, especially in the afternoon and evening, promotes better rest.



Limit screentime

Limiting screen time before bed helps improve sleep quality by reducing exposure to blue light, which can interfere with the production of the sleep hormone melatonin. Excessive screen time stimulates the brain, making it harder to wind down. Reducing screen use in the hour leading up to bedtime promotes better relaxation and easier sleep.



Cool & dark bedroom

A cool and dark bedroom creates an ideal sleep environment. Lower temperatures help signal your body that it's time to rest, while darkness promotes melatonin production, making it easier to fall asleep. A cool, dark room reduces distractions and enhances sleep quality.



Limit Naps

Limiting naps during the day helps ensure you feel sleepy at bedtime. Long or late naps can interfere with your nighttime sleep by disrupting your body's internal clock. Keeping naps short (20-30 minutes) and earlier in the day promotes better nighttime rest.



Exercise regularly

Regular exercise helps improve sleep quality by reducing stress and promoting relaxation. It increases the production of sleep-regulating hormones, making it easier to fall asleep. However, it's best to avoid vigorous exercise close to bedtime, as it can have a stimulating effect.



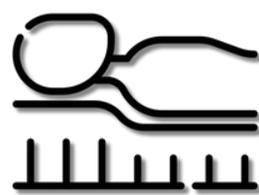
Manage stress

Managing stress is crucial for better sleep as it reduces anxiety and promotes relaxation. High stress levels can keep the mind active, making it difficult to fall asleep. Techniques like deep breathing, meditation, and mindfulness can help calm the mind, making it easier to rest.



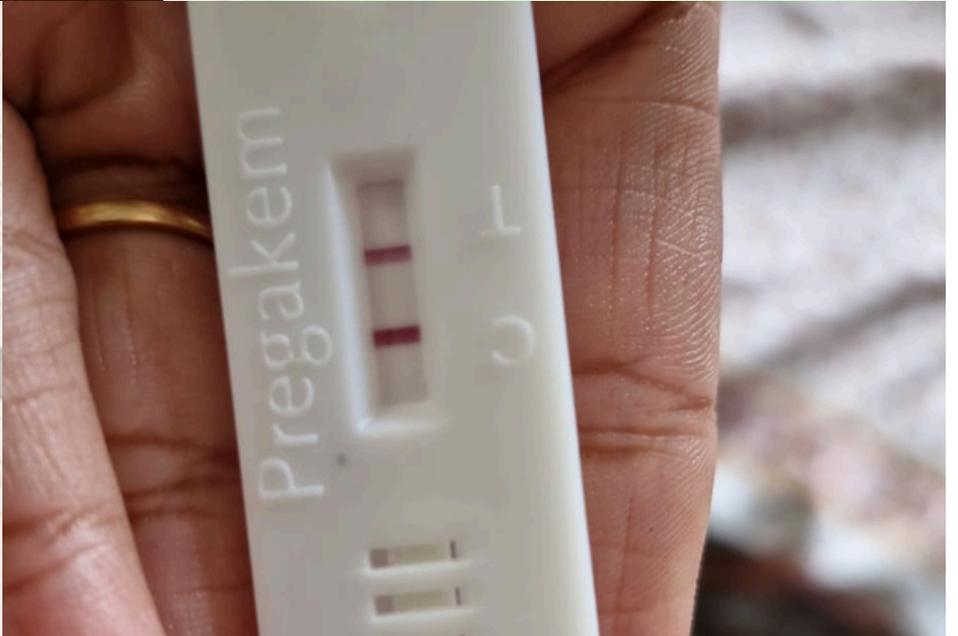
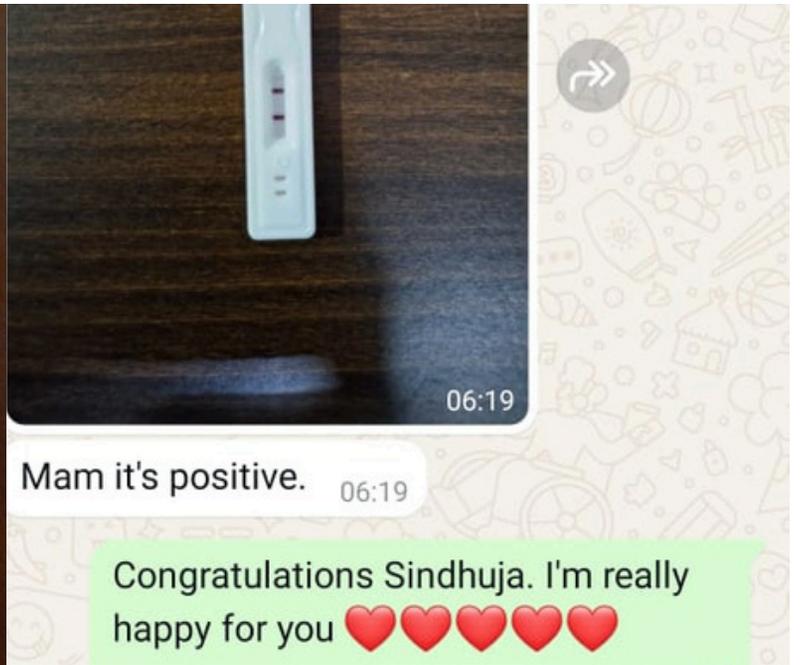
Limit liquids

Limiting liquids before bed helps prevent frequent trips to the bathroom during the night, which can disrupt sleep. Avoiding excessive drinks, especially caffeine or alcohol, in the evening allows your body to stay comfortable and undisturbed throughout the night.



Comfortable mattresses & pillows

A comfortable mattress and pillows support proper sleep posture, helping you relax and avoid discomfort. The right mattress provides the right level of firmness, while supportive pillows keep your head and neck aligned. Both contribute to a more restful and undisturbed night's sleep.



I really feel grateful for joining the holistic health program. The customised diet plan and workouts helped me a lot in reducing weight and improving my fertility. Regular monitoring of my period cycle and ovulation period was very helpful for me. After joining the program, I became more aware of all the things that would affect my fertility. Finally I got positive pregnancy test results!!

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