

Improving Your Sleep Quality

Description

Getting enough sleep is important for a healthy lifestyle. Without the right amount of sleep, you can feel sluggish and lethargic, have trouble concentrating, struggle with headaches and muscles pain, get tired eyes and generally feel a little rubbish. The odd late night or early morning won't hurt you; you'll just recoup when you can and get through the day with caffeine and energy-boosting snacks, perhaps fitting in a power nap when you've got chance. But, regularly fail to get enough sleep and you'll never feel quite right. Tired will become your default state, your physical and mental health could suffer, and you could lose all enjoyment of life.



[Credit](#)

But, there's more to it than [figuring out how much sleep you need](#) and [going to bed](#) in plenty of time to get it. That would be simple. Most of us need 6-8 hours, so we'd just go to sleep 6-8 hours before we need to get up. But, anyone that's ever slept in a [sleep tracking activity monitor](#) will know that it's a little more complex. During that 8 hours, many of us are restless, or awake for up to 30 short spells. After each spell, your body takes time to return to a deep sleep state. So, even if you get a good 8 hours every night, a poor quality of sleep with lots of restless spells can still leave you suffering from the symptoms of fatigue and wondering why.

Change Your Mattress

Being uncomfortable is a leading cause of poor quality of sleep. If you wake up each morning tired and achy, with a stiff neck and back, it's time to make some changes. Read this [Leesa mattress review](#) and look for some pillows that are comfortable while supporting your neck. It can also be worth changing your bedding and making sure your blankets are keeping you warm or cool enough. Take your time to get this right, don't underestimate the importance of nighttime comfort.

Stop Eating and Drinking at Night

We all know that we should stop drinking caffeine in the hours leading up to bedtime as it will keep us awake. But, did you know other foods and drinks, even those that claim to help you sleep, can have a

similar effect? Drinking too much means that you are likely to wake up needing the toilet. Even if you can go back to sleep and wait until morning, your bladder has interrupted your sleep cycle. Eating too late means that your digestive system is still working hard when you get into bed. This means that even when your mind is asleep, your body is still working much harder than it should be when it's meant to be in a resting state.

Stop Stressing

Most of us have at some point spent a night tossing and turning worrying about the day in front of us or stressed out over the one that's just been. We go over conversations thinking about what we should have said, we get worked up over things that we don't know will happen, and we can't switch off.

It's important to release your stresses and concerns before you get into bed, and that you remember that things rarely seem as bad after a good night's sleep. When you get home from work, vent, let it all out and talk. Then, spend the rest of your evening relaxing before bed to prepare your body and mind for sleep.

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