

5 Ways to Improve Your Sleep, Tips for Men

Description

Research shows that poor sleep habits can have immediate and long term effects on your well-being. It can affect your hormonal balance, exercise performance, and brain function. Besides, poor sleep habits can have a severe toll on your daytime energy, productivity, emotional stability, and even weight.

The problem is that you may find yourself tossing and turning, struggling to get the sleep you need. Well, if you have been struggling to get a good night sleep, then we have a few tips that can help.

Tips to better your sleep habits

Exercise during the day

If you exercise regularly, you will have a better sleep and will feel less sleepy during the day. Regular exercise improves the [symptoms of insomnia](#) and sleep apnoea. It also increases the amount of time you spend in the deep, restorative stages of sleep. While exercising, try to finish moderate to vigorous workouts at least three hours before bedtime.

Also, consider relaxing, low-impact exercises such as yoga or gentle stretching in the evening as they can help promote your sleep.

Be smart about your diet

Your daytime eating habits play a role in how well you sleep at night. Consider the following simple eating hacks to improve your night sleep:

Limit caffeine and nicotine—caffeine can cause sleep problems up to ten to twelve hours after drinking it. So is smoking. To have a better sleep, consider avoiding stimulants that can disrupt your sleep close to bedtime.

Avoid alcohol before bed. This may interfere with your sleep cycle.

Avoid heavy meals at night. Eating heavy might cause you stomach discomfort, therefore, interfering with your sleep.

Avoid waking up to pee

If you get your sleep interrupted because you have to wake up at night to pee, then you need to find a solution for this. For starters, try as much as possible to avoid taking drinks shortly before bed. Depending on your age, your bladder might struggle to hold urine during the night. In this case, you can use authentic prostate supplements to help avoid waking up to pee. A good example is [ProstaGenix](#) which can help improve your prostate health. It can help you achieve more control over your sleep habits as you can minimize the number of times you get to visit the washrooms.

Improve your sleep environment

A peaceful bedtime routine sends a powerful signal to your brain. It informs your brain that it is time to wind down. You can make your room ready to support your sleep by observing the following simple steps:

“ Keeping noise down

“ Lowering the temperature of your room to keep it cool

“ Make sure that you have a comfortable bed and mattress. This will prevent sore back and neck aches.

Stick to a sleep schedule

The recommended amount of sleep for a healthy lifestyle is 7 to 8 hours. Make sure that you go to bed and wake up at around a set time each night. Being consistent with your [sleep schedule](#) reinforces your body’s sleep-wake cycle. It will take you a short time before your body adapts to the schedule, and you will be able to enjoy sound sleep that will keep you healthy!

Final remarks

Sleep plays a crucial role in your overall health and well-being. If you are struggling with sleep hygiene, then you ought to find the root cause of the problem. You should also seek help from a doctor if the sleep problems persist.

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