Healthy Sleep Tips
Healthy sleep is essential for the wellbeing. However, one in five people suffers from insomnia.

The most common causes of insomnia:
1. Depression, stress and anxiety
2. Illnesses
3. Uncomfortable sleeping conditions
4. Change of climate or time zone

How to deal with insomnia:
1. Avoid caffeine, stimulants and energy drinks
2. If you have a desk job, make sure to take a walk and get some fresh air before sleep
3. Follow a bedtime routine (personal hygiene, changing into bedtime clothes)
4. Sleep on a moderately soft, comfortable and even bed
5. Maintain a moderate temperature in your bedroom (18 to 25 degrees Celsius)
6. Quiet and darkness help to produce melatonin
7. Go to bed and wake up at the same time every day

Don’ts:
1. Don’t eat greasy food and junk food before sleep
2. Don’t smoke or drink alcohol before sleep
3. Don’t go to bed with cold feet (put on socks or put a hot-water bottle in your bed)
4. Don’t watch television or play computer games in bed
5. Don’t put working electric appliances anywhere near your head
6. Don’t sleep during the day
7. Don’t focus on insomnia (sleep usually comes when you don’t think about it)