

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 :



Avoid caffeine, stimulants and energy drinks



If you have a desk job, make sure to take a walk and get some fresh air before sleep



Follow a bedtime routine (personal hygiene, changing into bedtime clothes)



Sleep on a moderately soft, comfortable and even bed



Maintain a moderate temperature in your bedroom (18 to 25 degrees Celsius)



Quiet and darkness help to produce melatonin



Go to bed and wake up at the same time every day

Don'ts :



a
Don't eat greasy food and junk food before sleep



b
Don't smoke or drink alcohol before sleep



c
Don't go to bed with cold feet (put on socks or put a hot-water bottle in your bed)



d
Don't watch television or play computer games in bed



e
Don't put working electric appliances anywhere near your head



f
Don't sleep during the day



g
Don't focus on insomnia (sleep usually comes when you don't think about it)