Al-Mustaqbal Uni.

Department of English

1st year/

Reading / sleeping habits

**Best Tips for Better Sleep**

We take a closer look at how changes to your daily wellness, sleep routine, and bedroom environment can make it easier to fall asleep at night and feel well rested in the morning. Whether the proposed change to your daily routine is big or small, there is science behind each habit we highlight. While getting better sleep is a common goal, there are many different reasons for why your sleep may need improvement. These tips for better sleep can help you build a personalized plan that fits your lifestyle.

***Get at least 30 minutes of exposure to daylight.***

Why it matters: Natural light influences your body’s circadian rhythm, which directly affects when you feel sleepy. Early exposure to daylight can help align your sleep-wake pattern and make it easier to sleep at night. What you can do: Step outside early in the morning if you can, whether it is with your morning cup of coffee or as part of your commute. Letting natural light in through the windows can also help. Aim for at least 30 minutes of natural light exposure each day.

***Go to bed and wake up at the same times every day.***

Why it matters: A consistent schedule has been linked with improved sleep, and the timing of everyday activities, such as meals, can impact sleep patterns. What you can do: Set a consistent wake-up time and start your day with the same routine. Have breakfast, lunch, and dinner around the same times every day. End your day with a consistent bedtime routine.

***Limit naps to 20 minutes in the early afternoon.***

Why it matters: A nap in the late afternoon or evening can reduce how tired you feel at night, which may make it harder to fall asleep at bedtime. What you can do: If you decide to nap, limit it to 20 minutes and schedule it for eight or more hours before your bedtime.

***Boost your diet with fruits, vegetables, and whole grains.***

Why it matters: Vitamins and nutrients enable the body to function properly, and studies have found an association between sleep and nutrition. A balanced diet of fruits and vegetables, whole grains, and lean meat may support better sleep health. What you can do: As everyone has different needs, speak to your doctor or a nutritionist about your current diet and how it could be improved.

***Calm your mind with deep breathing and visualization.***

Why it matters: Stressful moments are inevitable, but whether they affect sleep depends on how you respond to them. Learning relaxation techniques can improve resilience and limit the impact of stress on sleep. What you can do: Experiment with different relaxation methods like deep breathing and visualization to see which ones work best for you. Practicing these techniques during the day can help prepare you to use them at bedtime.

***Get at least seven hours of sleep each night.***

Why it matters: Getting at least seven hours of sleep Each night is essential for overall health and well-being. A full schedule of activities can eat away at time needed for sleep. If you do not dedicate enough time to rest, it is inevitable that you will end up getting insufficient sleep.

What you can do: You can use a sleep calculator to find your ideal sleep and wake times. If you need to shift your bedtime to allow for more sleep, gradually adjust your schedule by 15 to 30 minutes per night until you reach the desired bedtime.