

# 10 TIPS ON HOW TO BE A WORLD-CLASS SLEEPER

Want better quality shut-eye? Here's what you need to do

## 1 MAKE IT DARK

Close the curtains and make your room as dark as possible. This means shutting down your electronic devices, which emit a blue light that your body is sensitive to.

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## 6 LOG OFF

Keep your bedroom for sleeping and relaxing activities. Messages from friends spike cortisol, which is a hormone associated with stress. Make sure your room is a place you switch off and zone out.

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## 2 SET YOUR ROUTINE

Hit the hay and get out of bed at a similar time each day. Your body will go to sleep and wake up with less trouble.

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## 7 TAKE A MINUTE DURING THE DAY

The simple act of closing your eyes and focusing on your breathing, even just for 5 minutes, is proven to lower stress and release feel-good endorphins into your system, priming you to drift off.

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## 3 CHILL BEFORE BED

It is easier to fall asleep if you are relaxed. Try reading, stretching, mindful meditation, or playing some chill-out music to help you unwind.

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## 8 CREATE YOUR SANCTUARY

Your sleeping space should have fresh clean air. Consider a nice indoor plant — they recharge the air's ions and turn carbon dioxide into oxygen.

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## 4 KEEP IT QUIET

You'll sleep better without noise going on around you. If this is unavoidable, try using white noise such as ocean waves or rainforests, or invest in some earplugs.

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## 9 WORK OUT

Exercise can help you sleep better at night by improving your mood and making your body genuinely tired, which will make it easier to fall asleep and stay asleep through the night.

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## 5 GO HERBAL

Research shows lavender decreases blood pressure and helps lower body temperature. Both are essential for a good night's sleep so try a lavender-scented candle or some essential oil.

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## 10 TAKE A BREAK FROM TRYING

If you've been trying to sleep for 20 minutes and it's not working, get out of bed and do something relaxing. This will prevent you from associating your bed with frustration and wakefulness.

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