

9 Pieces of Advice for a Healthy Sleep

1. Bed and sleeping room are a place where you should feel comfortable

Make sure that you feel **comfortable** with the room temperature and the environment in your sleeping room. Sleep in a darkened, silent room! **Air** the room before going to sleep!

2. Bed is the place where you sleep

When you experience sleep problems, use your bed exclusively for sleep and sexual activities! Any other activity should not be done in bed: Eating, working, having arguments, ...

... also: Do not worry or lay down and stay awake in bed. If you lay down and stay awake for too long, get up and return to bed only when you feel tired.

3. Put away your cell phone and laptop before going to sleep

The electric lighting from your laptop display disturbs your sleep. Additionally, exciting news or movies can prevent you from falling a sleep and from having a recovering sleep.

4. Physical relaxation

Do not drink caffeine, do not smoke and do not have rich meals before going to sleep! Try to drink very little alcohol or none at all when experiencing sleep problems! Allow enough time between physical activities and the time you go to bed.

5. Sleep Routine

By setting fixed times when you go to sleep and get up, you can reduce your sleep problems. Get up at the same time every day, even on the weekend or when you work from home, when experiencing sleep problems!

Each person needs different amounts of sleep. Adults usually need between 6 and 8 hours of sleep. The older people turn, the less sleep they need, as the different sleep phases change.

6. Rituals

Regular rituals which focus on falling asleep and relaxation can help you relax. Try it and find out about which rituals make you feel comfortable and relaxed: A cup of tea, a session of sleep yoga, a chapter in an audio book....

7. Physical activity outside (fresh air and sun)

Go outside and make sure you get enough regular exercise. Pursuing physical activities regularly helps you have a healthy sleep rhythm. Make sure you get enough light!

8. Do not look at your clock or watch

In any case, do not look at your watch or at the clock, when being awake or waking up in bed! Try to avoid the interplay between the fear of not getting enough sleep and time pressure.

9. Clinical sleep disorder? Contact professionals!

Do you regularly lay awake in your bed at night? Has this become a burden to you? These can be indications that you are suffering from a sleep disorder caused by physical and psychological factors.

Then, your most important contact person is your family doctor. He or she can send you to **professionals**.

