

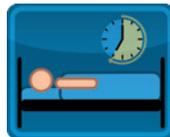
# 10 RULES FOR A RELAXING NIGHT'S SLEEP

## Routine

- 1 **Get up and go to bed at the same time** every day (even at the weekend).



- 2 Restrict the time you **lie in bed** to the number of hours that you have slept on average each night in the last week.



Do **not take a nap during the day.**



Regularity is a significant prerequisite for being able to coordinate the different rhythms of the body. The time you get up is the key here.

Lying in bed too long can contribute considerably to perpetuating sleep disorders.

Even a short afternoon nap substantially reduces your "sleep drive" in the evening.

## Eating and drinking

- 3 You should **not eat or drink large quantities three hours before going to bed.**



- 4 If you wake up **during the night**, you should **not eat anything.**



- 5 **Be careful with caffeine and alcohol.**

Do not have any drinks containing caffeine after lunch.



Avoid alcohol! Do not use alcohol as a sleeping pill.



Sleep can become considerably restless due to increased stomach and bowel activity and increased "bladder pressure".

The body quickly gets used to eating during the night. As it is programmed for survival, it will start to wake you "in time" so that you do not starve.

The effect of caffeine that is detrimental to sleep can last 8-14 hours. Alcohol may accelerate going to sleep, but then considerably disturbs the restful quality of the sleep.

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## Lifestyle

### 6 Avoid physical over-exertion after 18.00 h.

Do (sport) activities in general during the day.



Strenuous exercise stimulates – like caffeine – the sympathetic nervous system. It takes time until this activity tails off again.

## Environmental factors

### 7 Make your sleeping environment pleasant and relaxing (temperature, light, noises) to induce sleep. **Use your bed exclusively for sleep** (with the exception of sex).



### 8 Avoid bright light during the night.

In the morning after getting up however expose yourself to daylight or at least bright artificial light for half an hour if possible.



Working, watching television and telephoning do not promote sleep and are not advisable when going to bed.

Bright light is an intensive waking stimulus that can keep us awake via for example hormonal influences.

Bright light in the morning helps your body clock to “adjust” to the getting up time.

## Take it easy

### 9 Create a **buffer zone** between your daily routine and going to bed. Let the **day come to an end peacefully**.



### 10 Adopt a regular **ritual for going to bed**, e.g. listen to music.



Without a buffer zone falling asleep easily becomes a problem and “every-day remnants” continue to work in your sleep – if necessary write down important things in the early evening.

Rituals establish reliability and familiarity putting you in the right mood for sleeping (e.g. a pleasant walk or good music).