

# TIPS FOR BETTER SLEEP

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# 10 tips for better sleep



Sleep is a very important part of life and daily functioning.

- If we do not sleep well or enough, it can affect our thinking, concentration and even mood.
- Sleep also keeps us healthy.
- Poor quality and quantity of sleep can increase your risk of heart disease, type 2 diabetes and immune function.
- Not sleeping enough can also cause depression and anxiety
- if we do not sleep, it affects our relationships and tolerance for stress.

Here are a few things you can do for better sleep:

# 1. Be consistent

Experts say that having a consistent bedtime has many health benefits as well as better sleep benefits.

Our bodies work on an internal clock, this is called our circadian rhythm. The natural wake and sleep cycle our bodies has. This circadian rhythm is extremely sensitive and when you keep an inconsistent bedtime (and wake time) this can affect the circadian rhythm and cause sleeplessness, even on weekends.

On occasion you might go to bed a little bit later, but if you have consistently kept your bedtime (and waketime) the circadian rhythm will not be as severely affected.

Being too inconsistent, too often, will eventually interfere in how easily you fall and stay asleep.



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Think about it

**A GOOD LAUGH AND A  
LONG SLEEP ARE THE  
TWO BEST CURES FOR  
ANYTHING.**

IRISH PROVERB

## 2. Get some sun



Getting a natural light exposure throughout your day can help your sleep. This comes back to our circadian rhythm again. Exposing yourself to natural sunlight, triggers your body to know that it is daytime. We often get stuck in the house or a building that we forget how important it is to still get this exposure. Exposure to sunlight not only help regulate your circadian rhythm but it also releases serotonin, our feel-good hormone. It has great benefits for insomnia and anxiety. So, get out in the sun as often as you can, even if it is short bursts. If you work from home, open those curtains and allow as much natural sunlight as you can. This will help your mood and your sleep!



A black leather sneaker with white laces is positioned in the upper left corner. Below it, a dumbbell with a silver-colored handle and black weight plates is visible. The background is a solid light gray.

# 3. Exercise

There are many benefits to having a good exercise routine but, in this case, researchers have found some great benefits to better sleep. They recommend that 30 minutes of moderate exercise can help you with your sleep. However, you should be mindful of when you exercise and the earlier the better. Exercise at least three hours before sleep. Exercising too close to your bedtime could have the opposite effect.

# 4. Stretch

Light stretching before bed could help induce being calm and relaxed for bed. It helps to release the tension that you have built up throughout your day but does not overstimulate you like exercise. It is recommended to stretch just after a hot bath or shower. Take it slow, this is supposed to be relaxing. You can add in your mindfulness practise here (see point 10) and deep breathing for added benefit and complete relaxation.

Follow this link for 8 recommended stretches before bedtime:

<https://www.sleepadvisor.org/stretching-before-bed/>



## 6. Drink a glass of warm milk

It has been a tradition that has been passed down from generation to generation, a warm glass of milk before bedtime. The suggested theory is that milk induces relaxation and thus help with falling asleep. It also suggests that milk contains amino acid (tryptophan) found in other dairy products too, and it helps with the production of serotonin (feel good hormone) as well as melatonin (sleep hormone). Although there is no conclusive evidence, the combination of these tips with a nice glass of milk, will ensure that you sleep better every night.





# 7. Limit screen time



When there is any kind of light, our circadian rhythm gets triggered to say, “wake up, it is daytime”. This includes our TV’s, Computers and especially the phone. It is recommended that you switch off your phone at least 30 minutes before bedtime. So grab a good “real” book and put your phone one side until the morning!

## 8. Use a sleeping mask and ear plugs

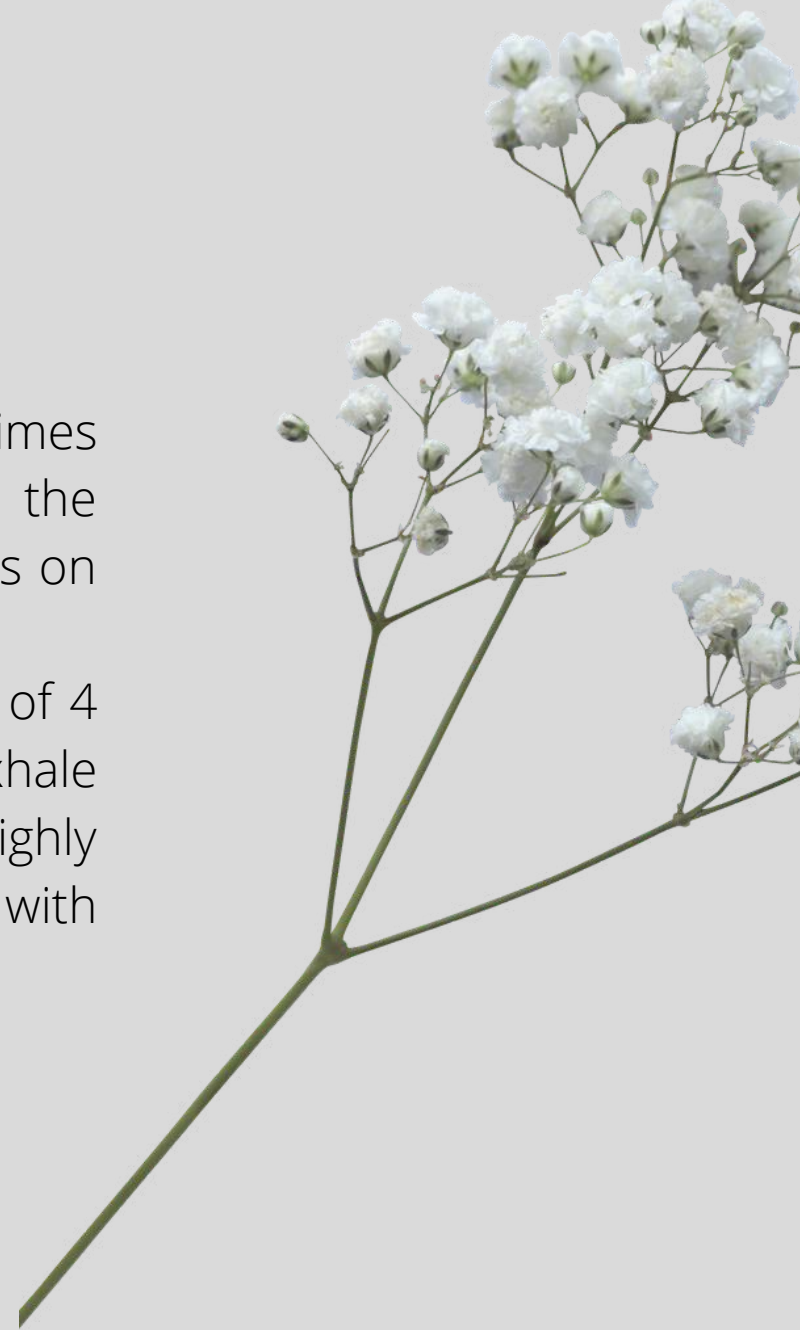


Sleeping in a dark, quiet room can be very conducive to sleep. However, sometimes you do not have the option, so what do you do? It is as easy as getting some ear plugs for sleeping and a sleeping mask. The ear plugs will shut out any noise, while the sleeping mask gives you proper darkness for restful sleep.

# 9. Use the 4-7-8 breathing technique

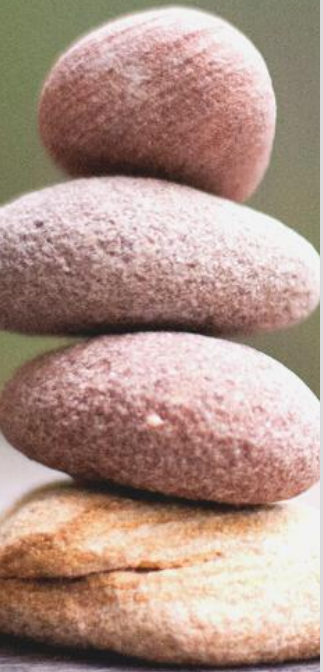
I personally love this technique. Sometimes thoughts can be so busy at night and using the 4 – 7- 8 breathing technique helps you to focus on your breath and relax deeply. How it works:

Start with an inward breath through your nose of 4 counts, hold that breath for 7 counts then exhale through your mouth for 8 counts. It is highly recommended that you use this technique with mindfulness for extra, deep relaxation (Point 10)



# 10. Practise mindfulness

Mindfulness is a wonderful technique. For sleep, it brings you to the present moment. Put all your worries aside until the next day, focus on the here and now. Breathe and relax. To practice mindfulness, you bring your attention to each body part, starting at the top of your head. Feeling each body part and relaxing that part of your body. You work yourself down to the tips of your toes. Feel the heaviness of your body and drift off to a relaxing, deep sleep. You can use the breathing in point 9 to start and end your mindfulness.





# Talk to us!

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Still struggling with sleep - Try  
Hypnotherapy with me.  
Reprogramme your mind to put  
down everything for a restfull  
nights sleep.

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