Tips for better sleep

sata CommHealth

Stick to a regular sleep schedule

Sleep and wake up at the same time every day, including weekends, to stabilise your body's sleep-wake cycle.

Create a relaxing bedtime routine

Do activities like reading a book, listening to calming music, or taking a warm bath before sleep, to help you relax better.

Avoid stimulants and heavy meals before sleep

Limit or avoid caffeine, nicotine, and alcohol, at least 2 hours before sleep, as they can make you mentally active and disrupt sleep.

Avoid eating too full at least 2-3 hours before sleep as your stomach will feel uncomfortable to sleep.

Keep your sleeping environment cool, dark, and quiet

Keep the temperature in your bedroom between 22 to 24°C. Use a towel or earplugs if you need to block out light and noise.

Limit fluid intake before bed

Reduce your fluid intake such as water or soft drinks 1-2 hours before sleep so that you do not wake up often to go to the toilet at night.

Exercise regularly

Doing regular exercise can improve sleep quality but do not exercise 1 hour before sleep as your body will become too active to sleep well.

If you cannot fall asleep within 20 minutes, get out of bed and do something relaxing such as reading or gentle stretching until you feel sleepy.