

Why You Need a Sleep Routine and How to Create One

Worldwide, over 60% of adults report that they don't sleep as well as they would like or are disturbed in their sleep at least once a night.

If you're struggling to get enough sleep, or quality sleep, there is some good news. By taking control of some aspects of your daily routine, you can get a much-improved night's sleep and feel better for it. Creating a sleep routine is simple and has numerous benefits.



The benefits of a sleep routine

Keeping a regular sleep routine daily (including weekends) will maintain your body's internal clock and quickly get you into the rhythm of falling asleep and waking up easier. There is much to gain by doing this.

- Sleeping better can help you lose weight.
- Quality sleep can reduce your stress levels and improve your mood.
- A good night's sleep can help depression and anxiety.
- It can improve your memory, decision-making, and problem-solving abilities.
- A well-planned sleep routine can improve your sex life.
- Your risk of chronic health problems, including heart disease, kidney disease, and diabetes, can be significantly lowered.
- A sleep routine can help develop good sleep hygiene habits.

Why is it Critical to Have Good Sleep Hygiene?

If you're drifting off to sleep in the middle of the day, frequently waking in the night, or having a hard time getting to sleep in the first place, there's a strong chance that you have poor sleep hygiene.

Sleep hygiene comprises habits and practices that contribute to sleeping well regularly. Changing these habits in conjunction with a robust sleep routine can substantially improve your overall health and productivity.

If you're stressed because you're not getting enough work done but aren't getting enough work done because you're sleep-deprived, it can feel like being stuck in an endless loop. Don't fret. There are simple, practical things you can do today to move you closer to your ever-elusive sleep goals.

Practical Ways to Create a Sleep Routine.

First, you need to make sleep a priority in your life. Yes, you have work to do, study to complete, or social gatherings to attend, but you need to pencil sleep into your diary like it's essential - because it is.

A daily sleep routine consists of activities designed to help you wind down, relax, and get ready for sleep.

The adjustments you make to your sleep routine can be gradual. Make minor adjustments that will allow you to settle into a new routine first, and little by little, add things that will shift your sleep times. Here are some practical ways to adjust your sleep routine and have better sleep hygiene.



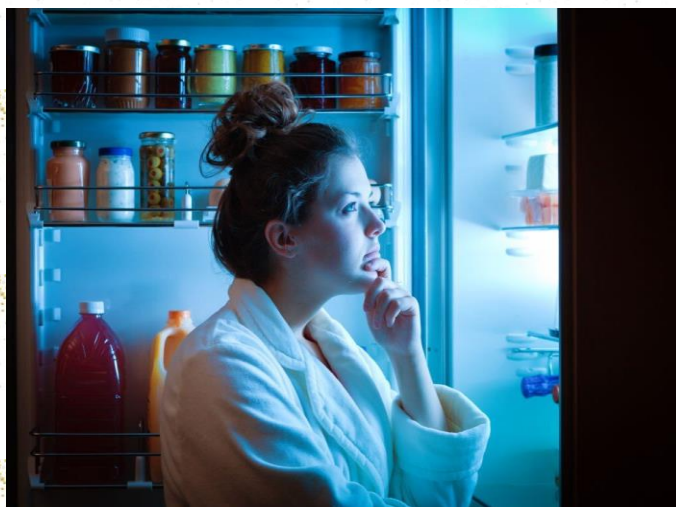
- **Don't nap.** Even if you feel tired, fight the urge. The clock in your head needs to reset.
- **Avoid intense exercise.** Regular exercise can be beneficial for sleep, but exercising close to bedtime will increase your heart rate and hinder your ability to get a decent night's sleep. Stop exercising at least 1.5 hours before bed.



- **Write a to-do list for the next day.** Help your mind stop racing by writing down everything you need to get done the following day.

- **Create a night routine.** Going to bed and waking up at the same time every day will train your brain to get tired at the same time.
- **Allow 30 minutes to wind down.** Take a hot bath, have a camomile tea, read a light-hearted-book or listen to relaxing music. Try to go to bed 30 minutes before you intend to sleep because it's not realistic to think you can sleep as soon as you jump under the covers.

- **Watch what you eat and drink before bed.** Avoid sugary foods as they can keep you awake and spicy foods could keep you up with heartburn. If coffee keeps you awake, have your last one at least 6 hours before bed. If possible, avoid alcohol before bed. It may help you sleep initially but will decrease your sleep quality – even consumed in moderate amounts.



- **Avoid screens.** Try turning your devices off or putting them in sleep mode an hour before beginning your sleep routine. This can prove one of the most challenging changes, but it is one of the most critical.

Creating a sleep routine will lead to you achieving better sleep hygiene and becoming a healthier, happier version of yourself.

Imagine waking feeling refreshed, alert, and ready to face whatever the day throws at you after having a fantastic night's sleep! With a steady sleep routine, you can do just that.

For more wellness tips, download our weekly newsletter

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