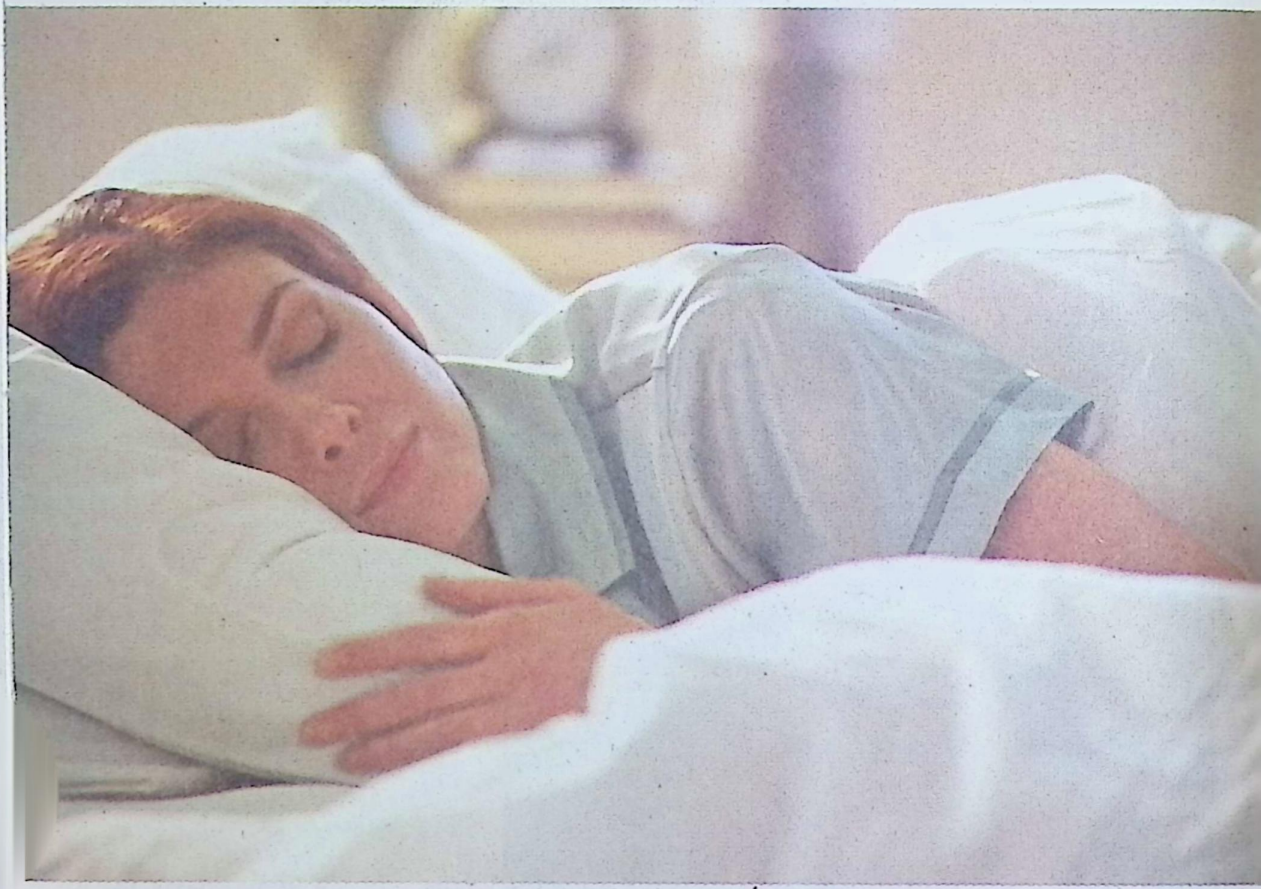
THE BARE MINIMUM

Have a Good Night's Sleep

Lack of sleep can affect everything starting from your health to how you perform in your job.
How can you get the sleep that you need? Here are four ideas.



1 Regular Sleep and Wake Schedule

A regular schedule reinforces your body's sleep-wake cycles, helping you sleep better at night. Stick to the schedule even on weekends and holidays. If you don't fall asleep within 150-20 minutes, get up and do something relaxing, like listening to music or browsing through a book.

2 Be Active During the Day

Little kids get the soundest sleep, and that's because they keep running around all day. Physical activity can help decrease stress as well as aid your body to relax. Late afternoon exercise is the ideal way to ensure that you sleep soundly at night.

3 Use Your Bed for Sleeping

Move your computer, television, and work material out of your bedroom. You need to stop using your bed as a workstation, and focus on using it for sleep as it strengthens the association between bed and sleep.

4 Pay Attention to What you Eat and Drink

You don't want to be either too full or starving when you go to bed. The feeling of discomfort might keep you up. Cut down on nicotine and caffeine, as that disrupts quality sleep.