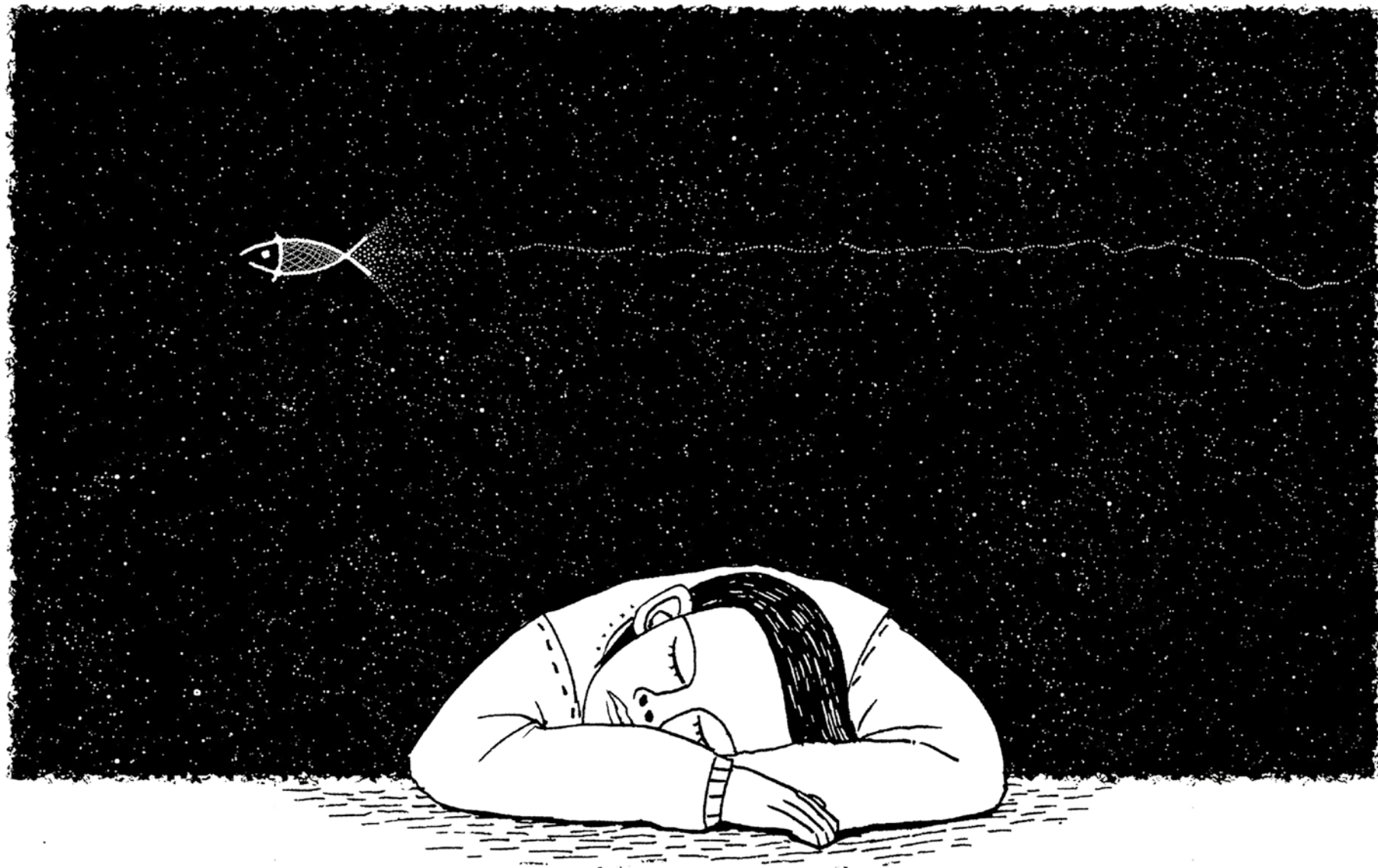




How to fix your messed-up sleep schedule

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The pandemic and the lockdown have changed a great many things for us. For many, with no morning rush to wake up to, combined with lack of activities and lack of tiredness throughout the day, the new normal has messed up the sleep cycle and left it in pretty bad shape. If you find yourself in such an unfortunate position, this is for you.

Exercise

Lack of activities, eh? How about tiring yourself out through exercising? Pick a suitable time of the day and try out some light to moderate indoor exercises. It will keep you active and healthy as you stay locked down in your home and as a bonus, the activity should empty out your battery in the night for a few good hours of sleep.

Try reading a book before bed

Finish the next episode of the boys the next day. It isn't going anywhere. Take a break from the screen and pick up a book before you hit the bed. Looking at screens just before bed is especially a bad idea because it naturally will rob you of your sleepiness. Instead, take your favourite book or magazine and cuddle up.

Discover new music

When was the last time you experienced the sheer joy of listening to new music? Can't sleep? Try discovering new music. Shuffle through a few playlists and settle on one that you vibe with. Dim down the lights, hit the bed and enjoy the music until you fall asleep.

Step on the pedal

So, nothing is working and it's almost

morning. You're on the edge of another messed up sleep cycle. Well, don't sleep. Stay up, enjoy the sweet early morning summer breeze and start the day. Continue through the day (without naps) and at night, you'll find yourself begging to hit the bed earlier than your usual time. Hopefully, this will put you back on track.