Night regime for a relaxing sleep

After a lengthy, tiring day, a long and relaxing sleep works like an antidote to take away all the accumulated stress. However, it is quite disappointing, and infuriating to some extent, when a feeling of uneasiness sets in while trying to sleep.

Although our body, health, and mind are key factors in play in this case, we can definitely take some measures in order to sleep better. From your diet to skin care routine, everything is a contributor towards the quality of your sleep.

The quality of your sleep dictates the activeness and productivity levels of the following day. Thus, the following is a rundown of the things you must ensure before going to bed in order to delve yourself into a nocturnal nirvana.

ORAL HYGIENE
Brushing before going to bed is as important as it is during the day. Although bad breath might not be perceptible before going to bed, avoiding this may lead to build-up of bacteria during the night. For added benefits, you may want to rinse your mouth with a mouthwash, which will wash away any lingering impurities.

Finally, complement these steps with flossing, to ensure that every nook and cranny of your mouth is squeaky clean. Following good oral hygiene before sleeping freshens the mouth and promotes better sleep as well.

SKIN CARE
Make it a habit to cleanse your face every night before going to bed. Even if our skin looks clean on the outside, there remains impurity and dirt hidden inside. This can clog pores and make the skin appear dull. Cleansing should be followed by toning, and you will be amazed to see the amount of grime left behind even after washing!

It is also necessary to moisturise and hydrate the skin before setting off for a lengthy period of relaxation. Using a night cream or moisturiser are good options, but to earn the title of a "sleeping beauty," apply a sheet mask before going to bed and remove it before sleeping. This will not only hydrate and moisturise your skin overnight, but will make you feel very relaxed.

COOL AS A CUCUMBER
Eyes deserve special care because they are constantly active during our waking hours. Sometimes, the stored weight in our eyes makes it difficult to fall asleep. An easy and soothing way to cool them is by using cucumbers.

Grating a chunk of cucumber and stuffing it over your eyes has benefits aplenty – it cools the skin, hydrates the eyes, helps reduce the appearance of dark circles, and provides comfort.

Apart from that, you can also dip cotton balls in cold milk and leave them over your eyes for similar benefits. If you do not want to give the effort, simply put on sleeping eye masks that come with a gel pouch to sleep like a baby.

FROM HEAD TO TOE
Apart from your face and eyes, the rest of your body also deserves attention. Wouldn't it be amazing if the condition of your hair and skin could be bettered overnight? Well figuratively, it can! Oiling your hair at night to rinse off the next day does wonders as opposed to leaving it on for a short while.

As for skin care, if you have cracked heels or crusty elbows, applying petroleum jelly before sleeping can benefit you. Hand cream and lotion are also great options for normal skin, which will keep the skin moisturised throughout the night.

APPROPRIATE LIFESTYLE
For being able to sleep soundly, your body needs to be at ease. Thus, avoid doing high activities such as brisk walking, running, or exercising close to your sleeping hours. This will awaken and energise the body making it harder to fall asleep.

You should also focus on your diet. Avoid eating heavy meals late at night as it can cause bloating. Rather, drink water before going to bed, which will keep you hydrated throughout the night and is also good for skin and oral health.

SET THE MOOD
Apart from preparing your body, it is also necessary to create a calming environment. Making your bed before sleeping is a good habit as it supports cleanliness. On the other hand, avoid doing other activities in your sleeping spot, such as eating or working as it may trick the brain later.

For a peaceful sleep, change your attire into something comfortable and use silk pillowcases, which is also good for the hair. Lastly, reduce the temperature of your room, as it is easier to sleep in colder surroundings. You can also create a relaxing mood by adding fragrance using aroma sticks or diffusers.

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