



Sleep - Your Secret to Good Health

Part 3

A good sleep gives a refreshed feeling and high positive energy levels. Fortunately, there are practical ways to improve the sleep quality. Sleep hygiene makes a big difference in the quality of sleep and hence to the quality of life. Focus on the following tips on a consistent basis to maintain healthy sleep routine.

Tips to improve Quality of Sleep

- Synchronize the sleep cycle and try to maintain same time of sleeping.
- Avoid sleeping excessively during the day.
- Maintain the nap timings, if you take nap.
- Try to overcome the lethargy immediately after eating dinner.
- Ginger or pepper mint tea will be beneficial after dinner.
- Favouring foods with sweet taste before bedtime will promote sleep.
- Milk or milk products alone are probably not going to induce drowsiness or sleepiness, because milk in itself does not contain a sufficient amount of tryptophan.
- Although eating protein foods alone are unlikely to effectively induce sleep due to their insufficient tryptophan content, eating carbohydrates and protein in the same meal makes tryptophan more available to the brain.
- A small snack before sleeping may help some for whom sleep is disturbed due to hunger. Banana, yoghurt or whole grain low sugar cereals can be taken.
- Having a warm shower before sleep will be beneficial.
- Dark room is preferred to induce sleep.
- A comfortable mattress is essential for good sleep.
- Pranayama, Yogasana and meditation will support for a better-quality sleep.

- Head massage after applying oil to the head, foot and behind the ears will improve sleep.
- Identify the specific causes for disturbed sleep, like stress, indigestion etc., and treat it with appropriate lifestyle changes, counselling or medicine.



Tips to fall asleep after waking up in the middle of the night

After waking up in night, if you spend more than 15 minutes trying to sleep, you can get up and go out of the room. Try to listen music or read books which will induce sleep. Then you can go to your bed which will make you fall asleep quicker.

The Bottom Line

Along with nutrition and exercise, good sleep is one of the pillars of health. A lasting solution to tackle sleep deprivation requires changes to your lifestyle. Try to follow a disciplined daily routine or Dinacharya to better harmonize your sleep schedule. In some instances, sleep disorders like insomnia may develop as a result of some other health condition. While sleep medications can offer some respite, frequent or prolonged usage of such drugs can give rise to other complications. This makes it imperative to identify and address the underlying causes for a lasting solution. You can also try using herbal medicines like Aswagandha or Valerian to get relief. It is difficult to achieve optimal health without taking care of your sleep.

We will share more articles with you on this topic. Please revisit us at www.strebenhealth.com.