Tips for Getting Better Sleep Every Night

When people talk about living a healthier lifestyle, they’ll often talk about exercising more frequently and eating healthier. A really important aspect of our life that most folks overlook, though, is our sleeping habits.

Depending on your sleeping tendencies, you probably spend between 25% and 33% of your life in bed snoozing. So it stands to reason that if you’re sleeping poorly, your health will also be negatively impacted.

This is why people committed to pursuing healthy lifestyle changes need to prioritize their sleeping habits. The following article outlines a few habits you can implement to get better sleep every night, and how those habits can lead to a healthier lifestyle.

**Maintain a Sleep Schedule**

One of the main ways sleep contributes to an unhealthy lifestyle is that people do not stick to a sleep schedule. During the work week, they’ll stay up late one night to watch their favorite TV show, but will go to sleep at their normal time the following night because they have an important morning meeting the following day.

On weekends, people socialize at nightclubs and bars with their friends until the early hours of the morning, and then sleep until after noon.

Sleep experts say that an inconsistent sleeping schedule is huge contributor to poor sleep. And, as we all know, inadequate sleep frequently leads to health issues.

Instead, physicians say that we should develop a sleeping routine. Doctors want us to go to bed at the same time every night and wake up at the same time every morning.

Developing a sleep routine is a great way to normalize your sleep-wake cycle. This will also allow you to wake up in the morning feeling rested, re-charged, and ready to seize the day.

**Create the Right Sleeping Environment**

Along with a consistent sleeping schedule, creating a restful sleeping environment will go a long way to helping you lead a more well-rounded, healthy lifestyle.

Sleep experts recommend finding the right pillow shape for your head and neck, as well as the right mattress for your body type and sleeping style.

Beyond finding the perfect mattress and pillow, find window blinds that completely block out light. The darker your sleeping environment, the deeper you’ll be able to sleep.

Another environmental factor to minimize if you want to make positive lifestyle changes is finding a way to limit outside noise from affecting your sleep. If you live in a noisy city, you might want to consider wearing ear plugs every night.

**Eliminate Sugars and Caffeine Before Bed**

That coffee you had at 5 in the evening to keep yourself awake as you wrap your work day up is probably keeping you up much later at night than you want it to.

Dietitians tell us that finding ways to cut down on sugars and caffeine in the evening is a great way to ensure that you’ll be able to fall asleep at the right time every night.