



Greenbush Health



Are Your Habits Hurting Your Sleep?

Sleep experts say most adults need between seven and nine hours of sleep each night for performance, health and safety. Below are some common habits that you may not be aware of that could be disrupting your sleep.



Caffeine too late in the day

Six hours after caffeine is consumed, half of it is still in the body. It can take up to 10 hours to completely clear caffeine from the bloodstream, therefore avoid a late afternoon or evening cup of coffee (or opt for decaf instead).¹



Drinking alcohol

Having a cocktail before bed may make you feel drowsy, but the quality of sleep after alcohol consumption is not the deep, restorative sleep that you need and can leave you feeling tired in the morning.



Skiping exercise

People who exercise tend to fall asleep faster, sleep longer and have higher quality of sleep than people who do not exercise.



Using electronics in the bedroom

Light and noise from your TV, laptop, tablet, or phone may keep you awake. The bright light screens emit can block the production of the chemical melatonin that helps you fall asleep and stay asleep.²



Napping at the wrong time of day

Taking a nap in the late afternoon or evening may interrupt your routine and keep you awake at night.



Sleeping in

Having a regular sleep schedule, even on weekends, could increase the quantity and quality of your sleep. It may be tempting to catch up by sleeping in, but doing so can throw off your body's internal clock.



Eating before bed

Keep your bedtime snack small. Eating a big meal before getting into bed could leave you restless as your body works to digest it.²

Sources:

¹<https://my.clevelandclinic.org/health/articles/15496-caffeine-tips-for-breaking-the-habit>

²<https://www.sleep.org/articles/seven-worst-sleep-habits/>

<https://www.nia.nih.gov/health/good-nights-sleep#good>

<https://www.sleepfoundation.org>

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