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Signs you are sleeping well

Sleeping well is hard to define in terms of numbers as everyone has their own sleep need, so here are a few ways to tell if you are getting enough.

How refreshed you feel after a night of sleep is a good indicator, if you are up and about with little desire to return to bed within the first hour of waking then you've probably had enough sleep during the night.

The time you wake up each day can also be used; a regular waking time is a good indicator of a stable routine. Regular sleeping and waking times are important for healthy sleep habits, erratic schedules do not aid sleep.

Another good sign of sleeping well is what your energy levels are like and how you feel during the day. A well-rested person will usually have better and more consistent energy levels throughout the duration of the day. If you have a regular energy dip in the afternoon it could be related to your sleep habits.



Save the date – World Sleep Day 13th March

World Sleep Day is an annual event, intended to be a celebration of sleep and a call to action on important issues related to sleep, including medicine, education, social aspects and driving. It is organised by the World Sleep Day Committee of World Sleep Society and aims to lessen the burden of sleep problems on society through better prevention and management of sleep disorders.



5 top tips to improve sleep

1. Increase your exposure to light during the day.

Your circadian rhythm (also known as your body clock) is a natural, internal process that regulated the sleep-wake cycle and repeats roughly every 24 hours. It affects your brain, body, and hormones, helping you stay awake and telling your body when it's time to sleep. Exposure to natural sunlight or bright lights during the day helps keep your circadian rhythm healthy improving your energy levels throughout the day and improving sleep during the night.

2. Reduce your exposure to blue light in the evening.

Electrical devices such as smartphones, tablets, and laptops all emit large amounts of blue light. Blue light can interfere with your circadian rhythm and trick your body into thinking it's still daytime. Blue light also suppresses the production of melatonin which is important for relaxations and falling asleep.

3. Aim to be more consistent.

Your body's circadian rhythm functions on a set loop aligning itself with sunrise and sunset, therefore, waking up at the same time every day will help you to stay in good rhythm and achieve a better night's sleep. Consistency is key, so make sure that you aim for realistic sleep and wake times and try to avoid lengthy weekend lie-ins.

4. Have a relaxing bath or shower before bed.

Making time for a warm bath or shower during the evening can set you up for a great night's sleep. Researchers from the Cockrell School of Engineering found that bathing 1-2 hours before sleep, in water of around 104-109 degrees Fahrenheit (40-42 Celsius) helped people to relax and improve their sleep.

5. Optimise your bedroom environment.

The setup of your bedroom can play a key role in getting a good night's rest with factors such as temperature, noise, and external light all having the ability to impact sleep quantity and quality. To optimise your sleep, make sure that your bedroom is a quiet, clean and relaxing place to be.

