

The profound changes caused by the COVID-19 pandemic are creating havoc with our sleeping patterns.

Here are some simple but valuable ways to help you get a good nights sleep:

Create a daily routine



A consistent daily wake up time gets the day off to a great start, set your alarm and bypass the snooze button. A calm bedtime routine allowing extra time to wind down from the day, prepares the body for a relaxing night's sleep. Reading, meditation and mindfulness all help to relax both the mind and body. A regular bedtime will help your body naturally prepare for bed.

Progressive muscle relaxation

Progressive Muscle Relaxation is a systematic way of tensing and relaxing all of the muscles in the body. Lying on your bed with your eyes closed, tense and relax each muscle in the body one after the other, starting at the top of the body and going all the way down. To add an extra layer of relaxation, it helps to do these muscle exercises whilst thinking about a relaxing place such as the beach or calm meadow.

Create a calm environment

A tranquil environment will help create calm and not set your mind racing. Try to not have any work or clutter in your bedroom. Essential oil pillow sprays can help create a relaxing ambiance and help you drift off into a restful nights sleep.



Keep active

Physical exercise may seem harder when your usual gyms and parks are no longer an option but you can of course still go outdoors once a day for a walk or exercise. Think about ways in which you can work out at home too. There are many yoga poses that promote good sleep. Working out for your body is also working out for your mind and keeps you focused, relaxed and energised, preparing your body for a good nights sleep.

Lower stimulants and depressants

Lowering stimulants and depressants such as caffeine and alcohol can have a huge impact on sleep. If you are feeling stressed, adding caffeine to the mix will only increase the unwanted side effects. Alcohol, can make you feel sleepy but does not allow for quality rest, which in turn will make you feel even more stressed if you have a hangover the next day. It also makes you less able to fight a virus. Opting for healthier alternatives can make us feel much better along with additional health benefits such as boosting immune system



Breathing - Mindfulness

Getting in tune with your breathing disconnects your thinking from your worries. This simple breathing exercise can be incredibly effective at reducing anxiety and helping you drift off.

- 1 - Take a deep breath in through your nose for four seconds
- 2 - Hold for four seconds
- 3 - Release through your mouth for ten seconds
- 4 - Repeat several times

Avoid screen time

Excess screen time, especially later in the evening, can have a detrimental impact on sleep. The blue light behind all tablets, TVs and laptop screens, tricks our brain into thinking it's daylight and can actually keep us awake. Listening to natural sounds or calm quiet music with no lyrics can help you drift into a restful nights sleep.

