

- Sleep / Psychophysiology

Having trouble sleeping?

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An increasing number of people are experiencing sleep difficulties due to stress, anxiety and changing lifestyle patterns brought on by Covid-19 and the pandemic lockdowns.

That's according to Health Scientist and Sleep Coach Tom Coleman, who says that people experiencing poor quality sleep are putting their physical and mental health at risk.

The following are a few tips that might help:

Nutrition - Nutrition is another fundamental role in our health. It is recommended to avoid large meals and spicy foods prior to bed. There are certain foods like whole grain and proteins both of these contain tryptophan which can increase the sleep hormone 'melatonin'.

Stimulants and Sedatives - Monitoring and limiting your caffeine intake is important. Stimulants like coffee can have a negative impact on your sleep maintenance and quality. Alcohol is a sedative which sends signals to the brain and can also interfere with sleep quality and restoration. You should not drink coffee after 2pm and you should stop drinking alcohol 4 hours before bedtime.

Be Careful when Napping - While lowering sleep pressure can help with exhaustion, it can also make it difficult to fall asleep at night. People who have trouble falling or staying asleep at night should avoid naps. If napping is necessary, it is recommended that the nap length is 20 to 30 minutes and earlier on in the day, to avoid sleep disruption at bedtime.