World Sleep Day: sleep Improve your with these simple habits

Hindustan Times ST (Jaipur) · 17 Mar 2023 · 13 · Parmita Uniyal

Are you among the many who struggle to get a good night's sleep or feel groggy and drowsy during the day? With complexities of modern life, the sleep quality has suffered for most people. But, there are some simple ways that can help you beat sleep deprivation. "Sleep is not just a matter of shutting your eyes and lying down; it's a complex process that plays a critical role in your physical and mental well-being. A good night's sleep is essential for maintaining a healthy body, sharp mind and positive mood," says Dr Sudheer Nadimpalli, Senior Consultant, Pulmonology, CARE Hospitals, HITEC City, Hyderabad, as he suggests six habits that can improve your sleep quality:

LIMIT EXPOSURE TO SCREENS

Stress and anxiety can interfere with your sleep. Consider incorporating relaxation techniques into your bedtime routine, such as deep breathing, meditation or yoga. The blue light emitted by screens can suppress the production of melatonin, a hormone that helps regulate sleep. Spend at least an hour without using smartphones or laptops before going to
bed.

AVOID CAFFEINE, ALCOHOL AND NICOTINE

Consuming these substances can interfere with your sleep and make it more difficult to fall asleep. Some of the foods that can trigger reflux/acidity like fried or spicy foods should also be avoided.