



# Sleep regulation

If you're experiencing sleep trouble or it feels harder to unwind at night, let's explore some simple steps to enhance your sleep environment and habits.

Here, you'll find essential tips that you can **start using tonight**:



**Creating a restful environment:** Studies show that a cool (18°C), dark, and quiet environment helps stimulate melatonin production, the body's natural sleep hormone. Darkness helps signal to the brain that it's time to wind down, while a cooler temperature facilitates the natural drop in core body temperature that occurs during sleep.

**Extra tip:** To improve these conditions, consider using blackout curtains, eye masks, and a white noise machine or app.



**Limiting screen time:** The blue light emitted by screens inhibits melatonin production, making it harder to fall asleep. Research suggests that using devices with screens before bed can delay sleep onset and reduce sleep quality.

**Extra tip:** If you must use devices in the evening, use settings or apps that reduce blue light exposure, and try to switch to non-screen activities, like reading a physical book, at least an hour before bed.



**Establishing a relaxing routine:** Engaging in a consistent pre-sleep routine helps cue your body to prepare for sleep. Activities like reading, listening to soft music, or taking a warm bath can increase relaxation by lowering the body's stress responses.

**Extra Tip:** Try to perform your bedtime routine at the same time each night to strengthen the sleep-wake cycle.



**Bedding and sleepwear:** The right mattress and pillows can reduce physical discomfort, which is crucial for uninterrupted sleep. Breathable, natural fabrics in bedding and sleepwear can help maintain a comfortable body temperature throughout the night.

**Extra Tip:** If you're prone to allergies, opt for hypoallergenic materials, as these can disrupt sleep by causing respiratory issues or skin irritation.



**Dietary suggestions:** Certain foods, especially those containing magnesium, calcium, and tryptophan, can promote better sleep. Almonds, walnuts, cherries, and warm milk are known for their sleep-promoting properties.

**Extra Tip:** Avoid heavy meals, caffeine, and alcohol close to bedtime as they can disrupt sleep by causing indigestion, stimulating alertness, and altering sleep cycles.



**Avoid smoking and alcohol consumption:** Both smoking and alcohol consumption can have negative effects on sleep quality. Nicotine is a stimulant that can interfere with your ability to fall asleep and stay asleep. Alcohol may help you fall asleep initially, but it disrupts sleep patterns later in the night.

**Extra Tip:** Avoid smoking and drinking alcohol, especially in the hours leading up to bedtime, to improve your sleep quality.



**Relaxation Techniques:** Focusing on full, deep breaths to calm the mind and body. You can find more information on our website in the “Practice relaxation” section.

