Are You Maintaining Healthy Sleep Habits This Winter?

This winter month is a great opportunity to review your sleep habits and see how you can improve them. The winter months often bring darker days and colder temperatures, which can disrupt our sleep cycles. Here are some tips to help you get a better night’s sleep this winter:

- Regular exercise: Exercise can help regulate your sleep-wake cycle and improve the quality of your sleep. Aim for at least 150 minutes of moderate exercise or 75 minutes of vigorous exercise per week.
- Good nutrition: Eating a healthy diet can improve your sleep quality. Avoid large meals before bedtime, opt for whole grains and lean protein, and avoid caffeine and alcohol before bed.
- Comfortable sleep environment: Create a sleep-friendly environment by keeping your bedroom cool, dark, and quiet. Use comfortable bedding and adjust the temperature to your liking.
- Mindful breathing: Practice deep breathing exercises to help you relax and reduce stress before bedtime.
- Limit daytime naps: If you find yourself taking long naps during the day, try to limit them to 20 minutes or less to avoid disrupting your natural sleep cycle.