

Improve Your Sleep

Ayurvedic tips for deeper, more restorative rest



- **Gentle activity after dinner.** Take a walk, do some gardening, or play a game with your family. Movement helps digestion and signals the nervous system to begin winding down.
- **Avoid harsh, bright light before bed.** Do your nighttime bathroom routine by candlelight – it gently nudges your body toward melatonin production and deep rest.
- **Stop using electronic devices** at least one hour before bed. Blue light suppresses melatonin and keeps the brain in alert mode long after you put devices down.
- **Eliminate technology from your bedroom.** Make it your sanctuary. Use an old-fashioned alarm clock and reserve this space for sleep and rest only.
- **Meditate, do deep breathing,** or journal before bed to clear the mind, process the day, and ease naturally into sleep.
- **Sleep 7–9 hours a night.** Research now shows optimal sleep varies by individual – aim for the amount that leaves you feeling genuinely restored. If you're falling short, shift your bedtime back by 15 minutes each week.
- **Cool your room down.** A room temperature of 18–20°C (65–68°F) is strongly supported for deep, quality sleep. Your body temperature naturally drops as you fall asleep – a cool room supports this process.
- **Lower or eliminate caffeine and alcohol.** Both disrupt deep sleep cycles more than most people realize. Even afternoon caffeine can affect sleep quality hours later.
- **Relax with a hot bath before bed.** The drop in body temperature after a warm bath mimics the natural sleep-onset process. Add Epsom salts to ease sore muscles.
- **Stick to a consistent routine.** Going to bed and waking at the same time daily – even on weekends – is one of the most powerful sleep regulators available to you.

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