

*Every person reacts differently:
The procedure for improving sleep must be adapted individually.*

General sleep hygiene

- Sleep at the same time every night, always get up at the same time in the morning.
A sleep diary can help to bring order to the 24-hour cycle.
- Don't sleep too much during the day. However, a 30-minute nap is better than caffeine or tein.
- If you sleep less than 7 to 8 hours at night, a longer daytime nap can also be helpful (e.g. before an important event). However, this will affect your sleep the next night.

Behaviour in the morning

- Take your time. A light alarm clock prepares the body for the day ahead.
- Activate your muscles before getting up to prepare your body

Behaviour during the day

- (Physical) activities (not just exercises) to generally strengthen the body, burn fat and promote sleep.
- Relaxation exercises to avoid releasing too many stress hormones and to learn to relax: stretching, (forest) walks, breathing exercises (e.g. pursed lips breathing in the coachman's seat), massage, naps, mindfulness focussing, progressive muscle relaxation, autogenic training, performing a body scan, hypnosis, meditation, audio files (to stop thought circles) ...

Behaviour in the evening and at night

- Consciously put aside the tasks of the day.
- Switch off stimulating films, animating music, exciting reading or stimulating computer games in good time before going to bed.
- Avoid bright light. Use a blue filter on the screen in the evening. Use a dimmed light when going to the bathroom at night.
- Avoid loud noises in the evening and at night.
- Move slowly and refrain from rushing.
- Try to end heated discussions harmoniously.
- Sleep rituals: shower/bath, sleep drink (without alcohol, small amount due to nightly urge to urinate), relaxation exercises with deep breathing.
- Don't keep an eye on the clock at night, or at most with a positive attitude (great, more than 1 hour of sleep is still possible).
- Instead of lying awake for a long time: Get up and do a quiet activity with the lights dimmed.

Room and bed atmosphere

- A darkened and quiet room with cool, fresh air is beneficial.
- Diffusing a fragrance (lotions, essential oils or herbal sachets with lavender, cinnamon, valerian, bergamot, jasmine, St John's wort, camomile, lemon balm, mandarin, orange blossom, rosewood, spruce, vanilla, etc.) can promote sleep and evoke pleasant memories.
- Bed: Adjust the mattress and pillow if you have physical complaints. If you have breathing problems, it often helps to avoid lying on your back or to raise the head of bed.
- In bed: Only sleep, except for relaxing bedtime reading (not specialised literature), a quiet audio book or soporific music (e.g. to stop your mind from thinking).

Stimulating substances

- Avoid caffeine / tein (coffee, green and black tea, energy drinks, dark chocolate) and, if possible, nicotine after lunch.
- Discuss the side effects of your medication with your doctor.

Drink

- Drink little liquid before going to sleep, also not a lot of alcohol. Alcohol impairs the quality of sleep.

Nutrition

- Both hunger and eating too much can disturb your sleep.
- A large stomach and narrow airways can impair breathing (cause apnoeas).
- Optimal foods in the evening are oatmeal, rice, chickpeas, quinoa, soya, bananas, etc.