



ZYDUS HOSPITAL

Zydus Hospital is the largest, most advanced, comprehensive and best multi-speciality hospital of Gujarat in Ahmedabad.

Zydus Hospital has been established with a vision to be the leading provider in healthcare service delivery to the community and become the most preferred destination for comprehensive medical care and treatment.

On a mission to extend the world-class healthcare solutions to the community through advances in medical technology, medical research and best management practices, Zydus Hospital has all major medical specialities, investigative and diagnostics facilities, rehabilitation and physical therapy care under one roof.



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HOW TO SLEEP BETTER AT NIGHT

If you practise good sleep habits, you will have the best chance of a good, refreshing sleep. The term that health professionals use to describe good sleep habits is sleep hygiene.

Many of the sleep problems are due to bad habits built up over a long period of time. You won't be able to fix sleep problems in one night, but if you persevere to maintaining good sleep hygiene, your sleep quality would improve. Different things work for different people, so out what works for you and stick to it.

Do not get obsessed with your sleep issues, as one night's poor sleep is not a problem. Just return to your good sleep habits the next night.



AIM FOR A GOOD NIGHT'S SLEEP

A good night's sleep should be:

- uninterrupted
 - refreshing
 - a deep sleep
 - of a length of time that works for you personally (the average adult needs 7.5 to 8 hours per night).
- Remember that some people may need much less than this. If you are not feeling tired during the day you are probably getting as much sleep as you need.



GET REGULAR

One of the best ways to train your body to sleep well is to go to bed and get up at more or less the same time every day, even on weekends and days off

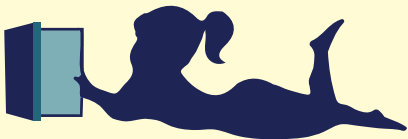
SLEEP WHEN SLEEPY

Only try to sleep when you actually feel tired or sleepy, rather than spending too much time awake in bed.



GET UP & TRY AGAIN

If you haven't been able to get to sleep after about 20 minutes or more, get up and do something calming until you feel sleepy, then return to bed and try again.



AVOID CAFFEINE & NICOTINE

It is best to avoid consuming any caffeine (coffee, tea, cola drinks, chocolate, and some medications) for at least 4-6 hours before going to bed.



EAT RIGHT

A healthy, balanced diet will help you to sleep well, but timing too is important.



NO NAPS

It is best to avoid taking naps during the day, to make sure that you are tired at bedtime.



SLEEP RITUALS

You can develop your own rituals of things to remind your body that it is time to sleep



BATHTIME

Having a hot bath 1-2 hours before bedtime can be useful, as it will raise your body temperature, causing you to feel sleepy as your body temperature drops again.



NO CLOCK-WATCHING

Many people who struggle with sleep tend to watch the clock too much.

BED IS FOR SLEEPING

Try not to use your bed for anything other than sleeping so that your body comes to associate bed with sleep. If you use your bed as a place to watch TV, work on your laptop, on the mobile your body will not learn this connection.



EXERCISE

Regular exercise is a good idea to help with good sleep, but try not to do strenuous exercise in the 4 hours before bedtime

