

## Tips to get a good night's sleep

The health benefits of a good night's sleep are countless.

Sleep helps keep you Happy, your brain Sharp, your immune system strong, your waistline trim, your skin looking youthful and also lowers your risk of high blood pressure and heart disease.

Normally Adults need at least 7-8 hrs of a night's sleep. (In pregnancy sleep requirement increases than usual)

### So following are some tips to get a good sleep at night-

1. Make sure you have a good mattress, Not too soft and not too firm. It should be able to align to your body's structure.

2. After working hours try to reduce the surrounding light, at home or on your way back home, as dim light increases your Melatonin hormone production which in turn will trigger sleep.

3. Avoid taking very heavy meals just before going to sleep. (Keep a gap of minimum 1 hr between your dinner and bedtime).

4. Avoid strenuous physical exercise just before going to bed as too much physical activity can also decrease your sleep.

5. Take natural foods which will help in inducing sleep-

By Increasing your Vitamin B6 which is needed to make Melatonin you can trigger sleep.

Foods like Fish (Salmon, Tuna), Chickpeas (Chole), Fortified Cereals or cornflakes are rich in Vitamin B6.

- Bananas are rich in potassium and vitamin B6 needed to make Melatonin.

- Milk and milk products like Yogurt contain calcium, which if deficient may make it difficult for you to fall asleep.

- Green Leafy vegetables increase your calcium doses and hence are good for sleep.

6. Take a warm bath or read a book just before going to sleep.

7. Avoid watching TV or heavy music just before going to sleep.

8. Avoid caffeinated drinks just before going to bed.

9. Do meditation or yoga to relax and avoid stress as it will again have a bad impact on your sleep.

Too little or too much sleep may prove harmful, but sleeping the right amount required for your body can prove beneficial.

Have a Good Night's Sleep !

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