5 Simple Habits That Fixed My Sleep Quality

Months ago, I could hardly remember the last time I slept well.

I'd go to bed at 2 or 3 a.m., scrolling on my phone and telling myself that was fine. (It wasn't.) I survived on three or four hours of sleep, and my hand reached for coffee before I even opened my eyes.

I thought this was just normal. But my sleep quality kept getting worse, and I was always tired.

Then I realized that I had to take my sleep quality seriously. So I started reading about the importance of sleep, why sleep quality matters, and how to build healthy sleep habits.

I'd love to share it with you.

Why Sleep Quality Matters

What is sleep quality? It's not just how long you sleep. It's how well you sleep.

Good sleep quality means:

- You fall asleep quickly
- You wake up only a few times during the night
- You stay awake only a short time after first falling asleep

So Why Does It Matter?

Good sleep gives your body a chance to slow down, so it heals faster. That is why you need rest when you feel sick.

Good sleep also means more focus, better learning, faster muscle recovery, a lower risk of chronic diseases, and a healthy weight.

How Much Sleep Do You Need?

Most adults need at least 7 hours of sleep at night. Babies, children, and even teens need more because they are still growing.

Less than that can harm your body and mental health. It can make it hard to concentrate, which may affect your work. It also raises the risk of accidents, especially car accidents.

According to the CDC, more than a third of American adults sleep less than 7 hours at night.

How to Know If Your Sleep Quality Is Bad

At first, I didn't realize that my sleep quality was bad. Then I noticed that I lay in bed for more than 30 minutes before falling asleep.

I woke up more than once during the night, and it took me more than 20 minutes to fall asleep again. In the morning, I felt tired, couldn't concentrate, and needed more than one coffee to get through the day.

At that moment, I knew my sleep had to change.

My 5 Sleep Habits

It was hard for me to change my habits, but my sleep quality was getting worse day by day, so I started to read about how to improve my sleep quality and decided to change my sleep routine.

Here are the 5 habits I made that improved my sleep quality:

1. Set a Fixed Sleep Schedule

I used to go to bed at 2 or 3 a.m., so I started going to bed earlier. I set a bedtime and a wake-up time, and I stuck to them every day, even on weekends.

If it took me over 20 minutes to fall asleep, I left my bed, listened to calm music, and read a book until I felt sleepy. I kept doing this every night.

2. Food and Drinks

Two hours before bed, I stopped eating heavy meals and had a light dinner.

I also stopped drinking caffeinated drinks like coffee and tea, and I avoided nicotine. I wanted to stay away from their stimulating effect.

3. Create a Calm Sleep Environment

I made my room comfortable and relaxing. I turned off all noise and played calm sounds like falling rain and sea waves. It helped me a lot.

I kept the lights low because bright lights stimulate your brain.

I kept my room cool and my pillows comfortable.

Two hours before bed, I stopped scrolling on my phone and watching TV.

4. Exercise and Naps

I stopped doing hard exercise two to three hours before bedtime because it can keep me awake.

I stopped taking naps in the evening, and if I really needed one, I napped for only half an hour.

5. Manage Your Stress

Every night, I used to think about my work problems, my worries, my concerns, and even conversations with my friends.

I tried hard to set it aside, so I wrote my worries in a notebook. Writing made me calmer and helped me fall asleep much more easily.

These five habits helped me a lot, and they can help you too.

If your sleep quality doesn't improve after these steps, please consult your doctor.

Good sleep is as important as eating well and exercising. Your health matters.

References:

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