

How to sleep better...

Getting a solid eight hours sleep a night is something that many of us can, ironically, only dream about. In the current climate of working from home, with endless distractions and potential health worries, being able to wake up fully rested has never been more important.

Here's how...

Want to know more?

Call us on **01908 303543**

Or email: concierge.uk@sodexo.com



Keep the bedroom as a space for sleeping

Keep the laptop elsewhere and avoid watching TV or spending time on your phone before bed. This way you create a calm sanctuary, fit for the intended purpose.



Caffeine after 4pm is a huge no-no

If you really can't cope without an evening cuppa, switch to caffeine free varieties of your favourite brew, or try a calming infusion such as chamomile or lemon verbena.



Turn the thermostat down 16-18°C is ideal. You can fool your body into a cooled state by having a warm bath or shower first. Try incorporating calming scents such as lavender or eucalyptus into your shower routine, or add a few drops of essential oils to your pillows.



Eat light and early

Overindulging at dinner or eating too late will make you uncomfortable and prone to indigestion or heartburn, guaranteed to make you restless. Aim for around 3 hours between dinner and bed so you have time to digest. If you really need a late night snack, a dose of slow-release carbs will do the trick; think a slice of toast with nut butter, wholegrain cereal or some chopped fruit and yogurt.

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Lights out!

Blue light (the type emitted from laptops and mobiles) suppresses the sleep hormone melatonin, so try and do without for a few hours before bed. If you really can't resist checking your messages, switch your mobile to night mode to reduce screen brightness.



Calm your mind

Switching off isn't always easy, especially with a busy workload, so write a list of tomorrow's tasks to avoid worrying about forgetting them. Listen to music or audiobooks, read (analog only, please!) or try sleep cast apps such as calm or headspace to help send you off into a peaceful slumber.

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