

Luff



Approved by sleep expert
Dr Lindsay Browning BSc MSc
DPhil (Oxon) CPsychol AFBPsS

at www.troublesleeping.co.uk



The Luff Guide to Better Sleep!

The right amount of quality sleep is powerful. It leads to improved concentration, maintaining a healthy weight, keeping your immune system strong and taking care of your emotional wellbeing. Within a few days of having higher quality sleep most people find that they wake up feeling happier and healthier.

Food & Drink

Having tea and coffee in the late afternoon might be the very reason you're having trouble falling asleep. Caffeine has a half life of 6 hours, so will still be in your system if you have it late in the day, disrupting your ability to fall asleep.

Try these:

- Decaffeinated options
- Walnuts
- Kiwi
- Cherries



Try to reduce:

- Caffeinated drinks after 3pm
- Alcohol
- Overly fatty foods



Updating your bed

Pillows can become worn over time and become uncomfortable. It is suggested to change your pillows every 1 – 2 years (depending on the quality).

Just like pillows, mattresses also wear over time. If a mattress is starting to sag or feel springy then it could be doing harm to your back and quality of sleep. Mattresses gather dust mites and become unclean so it is suggested you change your mattress every 6 - 8 years.

Bedroom Sanctuary

A peaceful and well-designed bedroom provides a calming environment, promoting relaxation and reducing stress. Comfortable bedding, supportive mattresses, and the right room temperature all play crucial roles in ensuring a good night's sleep.

Try these:

- Reduce ambient light
- Soothing scents



Try to stop:

- Making your room too hot or cold
- Having any lights on
- Using your room for anything but sleeping

Habits

As humans, we form habits that can affect the quality of sleep. Irregular sleep schedules, excessive screen time before bed and lots of other habits keep us from getting the best sleep we can.

Stress and anxiety, often products of modern lifestyles, can lead to racing thoughts and restlessness, making relaxation and ways to calm down super important when it comes to a good night's sleep.

Add to your routine:

- Having a relaxing bath
- A regular bedtime routine and sleep time
- Going outside in the morning
- Deep breathing exercises

Try to reduce:

- Intense exercise before bed
- Limit blue light exposure before sleep



To find out more visit our site!
Explore our range of pillows and bedding that can improve your quality of sleep.



www.luffsleep.com