



Top 5 tips to help you have the best night's sleep you can!



1) Increase bright light exposure during the day, as this ensures your body clock stays healthy in the day and night.



2) Reduce blue light exposure in the evening, this includes electronic devices like smartphones and computers, as this tricks your body into thinking it is still day-time!



3) Don't consume caffeine late in the day.



4) Reduce irregular or long daytime naps.



5) Try to sleep and wake at consistent times, as this keeps your body clock constantly within the normal limits.

Get the correct pillow height for your neck!

When sleeping sideways or on the back, if the pillow is too high or too low, the neck is unnaturally positioned to the side or forward, causing increased pressure on the spine and straining muscles on the back of the neck and shoulders.

This incorrect neck position can even cause a change in the position of the windpipe, which can even sometimes cause snoring, which can ultimately affect our sleep!

Please see the images for some tips and tricks to correct your pillow height.

Neck Alignment In Back Sleeping

