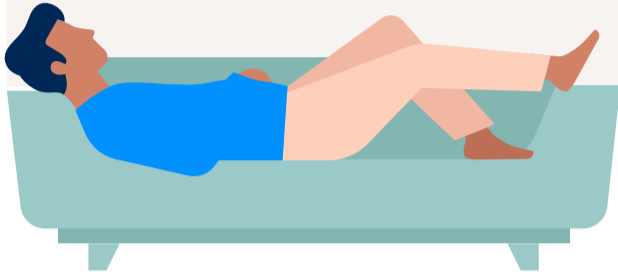


# How to sleep better

## The sleep environment

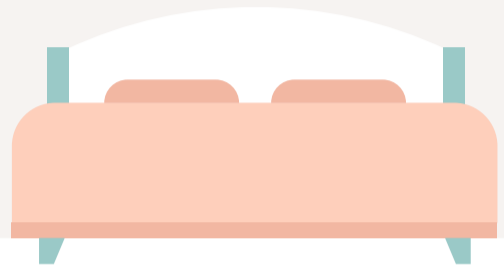
### Power nap

Power naps increase your creativity and productivity. Try to completely disconnect from the work floor and put your phone on silent.



### Bedroom

Do you ever use your laptop in bed? It's best to avoid doing this. Only use your bed to rest. This will help you fall asleep faster and sleep deeper.



## To do's

### Clear your mind

Do you ever think about your workday while you're in bed? Doing this won't help you fall asleep faster.

Talk about your day with your partner or write your thoughts down.



### Avoid stimuli

Do not perform intensive activities before you go to sleep. Avoid using your telephone or tablet.

The blue light disrupts the production of melatonin.



## Food and drink

### To coffee, or not to coffee

Coffee drinkers find it harder to fall asleep and their sleep is lighter. Avoid caffeine before you go to bed and you will wake up feeling more refreshed.



### Know what you eat

Alcohol and chocolate contain tyramine. If eaten before bedtime, this substance will stimulate brain activity while you are trying to rest. Eat a bowl of quark before you go to sleep. It's healthy and tasty.



## Routines

### Regularity is important

Get up at fixed times, eat regularly and exercise for at least 30 minutes a day (schedule a walking meeting!). That way your body feels the difference between day and night, and you fall asleep faster.



### Warm shower

Take a warm shower before bedtime. This leads to dilation of the blood vessels in the skin, which lowers your internal temperature. This is good for falling asleep.

