

# How to get a good night's sleep

A Guest Article by James Sale  
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### 20 sleep tips that work

<b>1</b>	Get up 30 minutes earlier.
<b>2</b>	Only go to bed when sleepy.
<b>3</b>	Only <i>sleep</i> in bed.
<b>4</b>	Awake more than 30 minutes? Get up, and do something <i>boring</i> .
<b>5</b>	No snoozes during the day.
<b>6</b>	Sort your worries out before bedtime.
<b>7</b>	Get some aerobic exercise during the day, not before sleeping.
<b>8</b>	Reduce your consumption of caffeine and alcohol.
<b>9</b>	Perform relaxation exercises/stretching/meditation.
<b>10</b>	Play music that promotes sleep – use audio programmes.
<b>11</b>	Avoid sleeping pills (unless prescribed by your doctor).
<b>12</b>	Establish regular hours of sleep – 10.00 pm to 6.00 am is best.
<b>13</b>	Create the right ambience – thick curtains eliminate noise.
<b>14</b>	Invest in a good pillow/mattress.
<b>15</b>	Take a bath before bed – use essential oils, especially lavender.
<b>16</b>	Try one of the following 30 to 45 minutes before bedtime: Melatonin (0.25mg); valerian and hops; herbal coffee with milk; hot milk and honey; sedative herbal tea such as camomile; magnesium citrate (300mg).
<b>17</b>	Switch off your PC at night. One of the most alluring sleep distractions is the 24-hour accessibility of the internet.
<b>18</b>	Throw out your LED alarm clock – tiny luminous rays from it can disrupt your sleep cycle.
<b>19</b>	Don't recharge your mobile at night – most mobiles bleep at regular intervals when they have fully charged.
<b>20</b>	Cool down – body temperature and the brain's sleep/wake cycle are closely linked. To drop off, 23-25 degrees is best.

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### Sleep facts

- Exposure to noise at night can suppress immune function even if the sleeper doesn't wake. Unfamiliar noise, and noise during the first and last two hours of sleep, has the greatest disruptive effect on the sleep cycle.
- Humans sleep on average around three hours less than other primates such as chimps, rhesus monkeys, squirrel monkeys and baboons, all of which sleep for ten hours.
- Teenagers need as much sleep as small children (about ten hours), while those over 65 need the least of all (about six hours). For the average adult aged 25-55, eight hours is considered optimal.
- Some studies suggest that women need up to an hour's extra sleep a night compared with men, and not getting it may be one reason women are much more susceptible than men to depression.

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If you would like more information on any of the points covered in this Guest Article, please contact **TCii** on **020 7099 2621**.