

SLEEPING WITH RUSU



Read a book before bed!

As old as this tip is, reading calms the nerves by removing visual stimuli and excess sound, and brings on more relaxed brain activity. Dr Janet Kennedy says that in combination with this, "Distracting your mind with a good book allows the body's fatigue to take over."



Put your phone away 30 minutes before bedtime!

By removing yourself from electronic equipment, you're likely removing yourself from blue light - which halts the production of melatonin in your brain and allows you to stay up longer without feeling tired. Set your alarms early and place your phone across the room - you don't need it before bed.



Drink some warm milk!

According to researchers from the Netherlands Institute for Neuroscience, drinking warm milk before bed isn't just an old wives tale, and actually helps with getting to sleep! Milk contains tryptophan, which is converted into the sleep-inducing hormones serotonin and melatonin - and the added perk of drinking something warm before bed helps you become sleepy too.



Too many things on your mind?

If you're really struggling to take yourself away from reality, Andrew Westwood, a professor of neurology at Columbia University has a solution. Take a pad of paper and write down a list of tasks that you need to complete tomorrow. Sometimes your brain won't shut off because it's trying to process all of the information it's soaked up. This will make you feel more in control and your brain can finally wind down.

WAKING UP WITH RUSU



The ultimate coffee life-hack!



Caffeine always needs a little bit of time to kick in. Researchers Luise Reyner and James Horne have a solution! Drink a cup of coffee right before taking a 20 minute nap - and don't forget to set your alarm. You'll wake up with both the buzz of being awake, and the buzz of your caffeine already running through your veins.

Increase your motivation!



Dr. Rafael Pelayo, a professor of psychiatry and behavioural sciences at the Stanford Centre for Sleep Sciences and Medicine says, "Waking up is physiological. Getting out of bed is volitional." He suggests that whether you love avocado on toast, patting your dog or even listening to your favourite artist - make sure that you're excited to get out of bed and that there's something to look forward to outside of the bed.

Light up your life!



Professor Rebecca Scott says it clearly: "It's just a fact - we awaken more easily when we're exposed to light." She's correct; light is the primary factor which is in charge of setting your internal sleep schedules with your circadian rhythm. Try setting your alarm by the window, and when you go up to press snooze...open the blinds! Alternatively, wearing a sleep mask at night to block out the light - and then when it's time to wake up, take off the mask.

Hydrate yo' self!



One of the absolute best and easiest things you can do is drink a big cup of water after you wake up. Water fires up your metabolism, hydrates you for the day, and even washes away the feeling of being asleep - suddenly you're completely snapped out of it, and ready to take on the morning.