

Curl up with these cold weather sleeping tips

by TerraSomna Mattress January 14, 2019



It's cold, it's dark, and you may feel a bit sleepier in the winter months. But achieving truly restful sleep at this time of year can be a challenge. Be on the lookout for seasonal changes that impact your sleep patterns, then make a few minor adjustments to get a good night's sleep.

Be aware of the light

Less daylight brings changes to your natural sleep mechanisms. Melatonin, a hormone that helps you fall asleep, is produced in response to darkness to prepare your body for sleep. Yet in the winter months, it's difficult for your melatonin production to be in sync with your bedtime and waking schedule.

You can help your body adjust to the decreasing daylight by keeping regular sleeping hours, even on the weekends, to help train your body to fall asleep at consistent times. Try to get natural light exposure during the daylight hours by taking a short walk or sitting by a window for a period of time to offset the prolonged darkness each day. And limit your exposure to unnatural light sources from phones and other electronics in the hour or two before you go to bed.

Stay warm, but not too warm

Many people crank up the heat to fend off the cold, but this can have an unwanted side effect. Your bedroom may be too warm and too dry for optimal sleeping.

Aim for a bedroom temp of around 65 or even a bit lower. If necessary, turn down the heat an hour or so before you go to bed to ensure a comfortable sleeping temperature (and conserve fuel in the process!). If dryness is an issue, place a humidifier in your bedroom and be sure to clean it regularly.

Don't forget to exercise

It may be the last thing you want to do in the winter, but it's important to find ways to keep your body moving, even for a short time each day. Exercise is proven to help improve sleep quality. Outdoor exercise is ideal because it can help support healthy melatonin levels and help your body produce Vitamin D, which can improve sleep quality.

In the cold winter months, you're often bundled up while exercising outdoors. This makes it more difficult to produce Vitamin D, which is created in response to sunlight. Check with your doctor to see if Vitamin D supplements may be right for you to help promote healthy sleep habits this time of year.

Soothe the body

Warm drinks or hot baths and showers can feel just right during the cold winter months. If you work them into your daily routine a few hours before bedtime they can also help signal a time of relaxation that prepares you for a transition to sleep. Remember to avoid any caffeinated drinks, including hot cocoa, during these hours since the caffeine can be a sleep inhibitor. Then relax and enjoy the last few hours before you drift off to sleep.

[SHARE](#) [TWEET](#) [PIN IT](#)

[← BACK TO TRENDING / MOST RECENT](#)