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Can't Sleep? Ditch the pyjamas and go to bed naked say experts

RECENT research has revealed that only one in five of us gets a full night's sleep on a regular basis. This means that as a nation not only are we more tired than ever before but we also run the risk of depression, reduced sex drive and weight gain.

By **HANNAH BRITT**

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Tomorrow is World Sleep Day so what better time to try one of these unusual tips that could improve your slumber?

BAN PYJAMAS

If you love your fleecy winter PJs, now might be the time to put them back in the wardrobe.

"Evidence suggests that going to bed naked improves your quality of sleep," says psychologist Christabel Majendie, sleep expert for Naturalmat.

"It helps your body regulate its temperature, meaning your sleep will not be disturbed because you get too hot."



Going to bed without pyjamas can improve your quality of sleep say experts

GO GREEN

A study by Nasa has found that certain plants such as aloe vera can purify the air indoors.

“Not only does aloe vera look great, it also releases oxygen from its leaves that naturally cleanses the air in your bedroom,” says horticulturist Anne Britt.

“Other great bedroom plants include peace lilies and spider plants, which filter toxins from the air and help to regulate humidity.”

CHANGE POSITION

Four in 10 of us like to sleep on our side, according to research from Furniture Choice. However, sleep expert Dr Sarah Brewer says lying on your front will help you drop off.

“Sleeping partly on your front and partly on your side with one leg tucked up is the best way to sleep as it is the natural equivalent of the recovery position,” she says.

“It will keep your airway open and is the least likely to lead to snoring and joint problems.”



Four in 10 of us sleep on our sides, but we should lie on our fronts to fall asleep faster

EAT YOUR OATS

In need of a midnight feast? Try a bowl of porridge.

“Oats make a great bedtime snack as they provide slow-release carbohydrates that help keep blood sugar stable overnight,” says nutritionist Cassandra Barns.

“And that’s not all. Oats also have a calming effect on the nervous system, making them your perfect sleep companion.”

TIME FOR TECH

New home device Homni analyses the temperature, brightness, sound level and humidity of your bedroom.

It also keeps track of your sleep duration, sleep cycles and body movements. All the information is then sent to an app on your smartphone so you can work out your ideal bedroom environment.

Homni costs £199 and is available this month at terraillon.com