



THE RIGHT TIME TO SLEEP

There are simple steps to ensure a healthy sleeping pattern, which is vital for good life.

The number of people having difficulty in maintaining a regular night sleep pattern is increasing by the day. Unfortunately, most of them are youngsters, who fail to sleep early and wake up early. If your daily routine becomes irregular at a very young age,

it surely fails to lay a good foundation for your future health and life.

Try to follow these tips to sleep at a fixed time at night, preferably by 11 pm.

The Best Time

There are many factors to decide the time to go to bed. For most of us, it is better to fix the sleeping time to not-later-than 11. According to *Ayurveda*, *Kapha Dosh*a influences sleep. Those with *Kapha* body type sleep more. Those with *Pitta* or *Vata* body type usually sleep less.

If you divide the night into three parts, the first part of night—about 9 pm—12 midnight, is dominated by *Kapha*. So, irrespective of your *dosha* body type, you will have some sort of *Kapha* dominance during this period. Hence, if you sleep at this time, the chances of you getting good night sleep are very high.

Though *Kapha* time may last till 12 midnight, it is not wise to wait till that time to go to bed. Between 10–11 is the good time to sleep. If you delay your bedtime beyond midnight, the

middle one-third of the night is dominated by *Pitta*, which is not conducive to sleep.

Avoid *Pitta* Imbalance

People who sleep late usually suffer from *Pitta* imbalance disorders, such as migraine, burning sensation, gastritis, grey hairs, hair loss, worsening of skin diseases, worsening of blood toxins, etc. If you have these disorders already, better to sleep early, or your symptoms may worsen.

Sleeping by 11 also enables you to wake up by 6 am. This will give you a good rest for about seven hours, which is quite ideal.

Here is a plan to help you hit the bed at 11.

- If you have the habit of having coffee/tea at night, it should be before 7:30 pm. No beverages after that.
- Have food before 9 pm. This will give you a good gap of two hours between dinner and bedtime, which is ideal. This helps to avoid digestive disorders.
- Unless very thirsty, avoid drinking anything after 10 pm.

- Do not watch TV/internet half an hour before sleep. By 10:30, your laptops, tablets and phones should be far away from you.

- 10.30-10:40 pm: After keeping all the gadgets away, exercise for 10 minutes. It can be a few easy *yoga* or *mudra* exercises, or just walking.

- Half an hour before going to sleep, stop talking to anyone including your family members. More you talk, the more you activate the thinking process, and the brain will be kept engaged, delaying the relaxation period and delaying sleeping.

- Make sure to keep the room dark. If you have trouble sleeping, do not even switch on dim light while sleeping.

Avoid spicy foods and foods that cause bloating at night, such as broccoli, sprouts, cabbage, cauliflower, carbonated drinks, dairy products, potato, maize, pasta, chewing gum.

Avoid sweets and fried foods at night. The rule of the thumb is the food that you take should make your stomach feel light, and you should not get a sense of

heaviness. Generally during sleep, we require less energy. So, if we eat in large quantities at night, most of the energy produced out of the food is stored in the body, causing fat deposition and weight gain. Hence, modern science also recommends one to have light diet during night.

Drink good amounts of water throughout the day, based on your thirst. A well-hydrated body will help in better energies and better sleeping habits.

For youngsters particularly, a disciplined sleeping habit can help lead a disciplined, healthy and energetic life, to achieve future dreams.

Or, you can lead a haphazard sleep routine, where you can achieve a few things pretty quickly, but you may not live long enough to enjoy those achievements. The choice is yours 🕯️

hebbar@easyayurveda.com

Dr. J. V. Hebbar