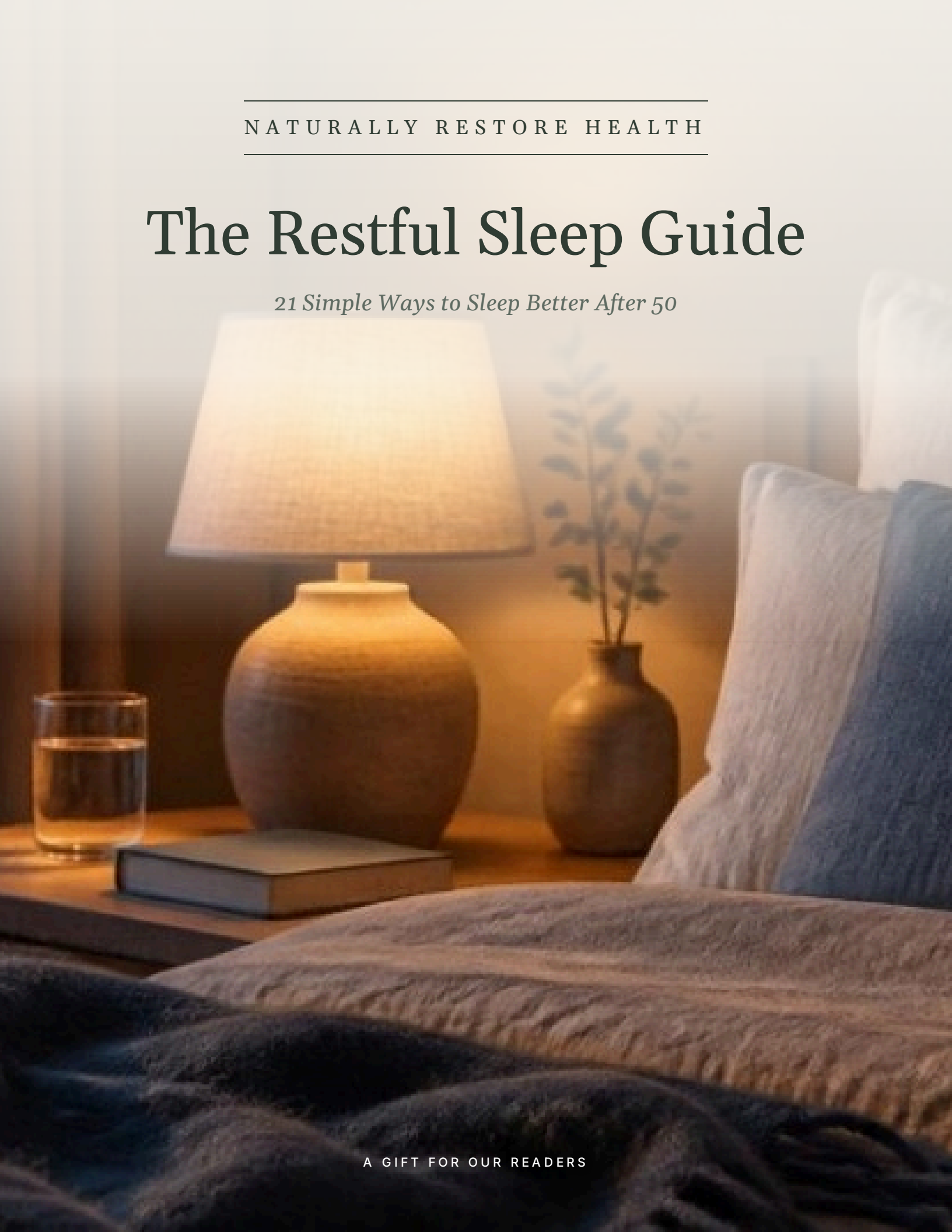
NATURALLY RESTORE HEALTH

The Restful Sleep Guide

21 Simple Ways to Sleep Better After 50



A GIFT FOR OUR READERS

WELCOME

Small habits, better nights

Sleep changes as the years go by. Many of us fall asleep later, wake more often, or find ourselves up before the birds without meaning to be. It is one of the most common things people over fifty talk about, and one of the most improvable.

This guide gathers 21 small, practical habits in four parts: your day, your evening, your bedroom, and what to do when you wake in the night. None of them costs much, and most take only a few minutes. You don't need to do them all. Pick two or three that suit you, give them a couple of weeks, and notice how your mornings feel.

Good sleep is built a little at a time. We hope these pages help you rest well.

Naturally Restore Health

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This guide is for general information and education. It is not medical advice. If you have ongoing sleep problems, loud snoring or pauses in breathing, or take medication, talk with a qualified healthcare provider. Some links lead to our website, which contains affiliate links.



PART 1

Your Day

A good night starts in the morning. The way you spend your day sets your body clock for the night ahead.

TIPS 1–5

01 Get up at the same time every day

Your body clock likes routine. Rising at the same time every morning, weekends included, helps you feel sleepy at the right time at night. After a poor night, an early bedtime works better than sleeping in.

02 Step outside soon after you wake

Ten to twenty minutes of daylight early in the day tells your body that morning has arrived. A short walk, coffee on the porch or a few minutes in the garden all count, even when it's cloudy.

03 Move your body most days

Regular activity, from walking to gardening to swimming, helps you fall asleep faster and sleep more deeply. Try to finish brisk exercise a few hours before bed.

04 Ease off caffeine after lunch

Coffee, black tea, cola and chocolate can stay in your system well into the evening. Switch to decaf or herbal tea in the afternoon and see what changes.

05 Keep naps short and early

A nap of 20 to 30 minutes before mid-afternoon can refresh you. Longer or later naps often make it harder to fall asleep at night.



PART 2

Your Evening

The last hour or two before bed is a bridge between the busy day and a restful night. Make it a gentle one.

TIPS 6–11

06 Build a wind-down hour

Choose a calm routine for the hour before bed: a book, gentle stretching, soft music, prayer or quiet reflection. Doing the same things in the same order each night becomes a signal that sleep is coming.

07 Dim the lights

Bright overhead lights in the evening tell your body it's still daytime. Switch to lamps with warm bulbs after dinner.

08 Put screens away early

Phones, tablets and the news keep the mind busy. Set them aside 30 to 60 minutes before bed, and charge your phone outside the bedroom if you can.

09 Finish dinner earlier

A heavy meal close to bedtime keeps your stomach working when you want to rest. If you're hungry later, a small snack like a banana or a few crackers is plenty.

10 Go easy on the nightcap

Alcohol may make you drowsy at first, but it tends to cause lighter, broken sleep in the second half of the night.

11 Write tomorrow down

If your mind races at bedtime, spend five minutes writing tomorrow's to-do list and any worries on paper. Once it's written, you don't have to hold it in your head.



PART 3

Your Bedroom

Your bedroom should say one thing to your body: this is a place for rest.

TIPS 12–16

12

Keep it cool

Most people sleep best in a slightly cool room. Lighter bedding and a window opened a crack can make a real difference.

13

Make it dark

Heavy curtains, blackout blinds or a soft sleep mask block early sunrise and street light. Cover small glowing lights on chargers and clocks.

14

Make it quiet, or add steady sound

Earplugs help with snoring partners and traffic. A fan or gentle background sound covers sudden noises that wake light sleepers.

15

Turn the clock around

Watching the minutes tick by at 3 a.m. keeps you awake. Turn the clock away from the bed or move it out of sight.

16

Keep the bed for sleep

When the bed is only for sleep and rest, not for work, worrying or long phone scrolls, your body learns to relax as soon as you lie down.



PART 4

When You Wake in the Night

Waking in the night is normal at any age. What matters is how easily you drift back.

TIPS 17–21

17 Stay calm and comfortable

Remind yourself that waking briefly is normal. Keep the lights off, stay warm, and let your body rest even if sleep doesn't come right away.

18 Try slow breathing

Breathe in gently through your nose for a count of four, hold for a moment, then breathe out slowly for a count of six to eight. A few rounds help quiet the body and mind.

19 Use the 20-minute rule

If you've been awake for about 20 minutes and feel restless, get up and do something quiet in low light, like reading, until you feel sleepy again. Then go back to bed.

20 Keep a calming thought ready

A favourite verse, a prayer, a peaceful memory or a slow walk through a familiar place in your mind gives your thoughts somewhere gentle to rest.

21 Consider extra support

Some people like to add a natural sleep supplement to their evening routine once good habits are in place. Our guide explains one option our readers ask about.

LEARN MORE Read our Yu Sleep guide

Make it yours

Better sleep rarely comes from one big change. It comes from small, steady habits repeated night after night. Start with two or three from this guide, give them time, and build from there.

You'll find more simple guides for sleep, memory, joints, digestion and healthy aging at our website. Thank you for reading, and rest well.

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