

# Tips to 'reset' the sleep cycle to get the most scientific timetable

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We all know the importance of sleep and getting enough sleep each day. However, for some reason, our sleep cycle is disturbed for a long time, and returning to the previous schedule becomes difficult. For example, during extended holidays, people have a habit of staying up late and waking up later. This repeats over several days and gradually becomes a new circadian rhythm that your body is familiar with. Biologically, this is related to factors such as body temperature, as well as stimuli to make us feel awake during the day and tired at night. Returning to the familiar circadian rhythm after the holiday is over will be a problem.

Exposure to natural light and eating time are two of the factors that have the strongest impact on our circadian rhythms. While some people do not take too long to return to their natural circadian rhythms, others find it difficult to sleep, or may wake up several times during the night when trying to reset the sleep cycle. This is related to stress hormones (such as cortisol), which help regulate our sleep-wake cycles. Cortisol usually drops in the evening, reaching its lowest at midnight. But if cortisol levels are too high before bed, insomnia, sleeplessness will inevitably occur.



Biorhythmia is an uncommon phenomenon

We often have a habit of "making up" when the night before is too late. It is the cumulative effect of not getting enough sleep and can lead to mental and physical fatigue. Over time, it can lead to problems with memory loss and the health of the immune system. Here are some tips for you to "reset" the sleep cycle and get the most scientific timetable.

## **Establish a new routine**

Every body cycle is based on a routine, repetitions connected to the natural circadian rhythm. Start by focusing on the sleep-wake cycle, going to bed when you're feeling tired, and trying to wake up without an alarm. You may sleep a little more than usual at first, but within a week or two you will return to the natural cycle. 1 ideal sleep usually lasts 7-9 hours per night. Not only will this help you get back to your original circadian rhythm, it will also benefit your mental health.

## **Do not use the bedroom for work or leisure**

When it's time to go to bed, turn off all electronics, making the room as cool, dark and quiet as possible. This will help you relax and prepare for sleep. Electronic devices such as phones, computers, TVs . are artificial light sources that can affect our sleep cycles. Artificial light can deceive the biological clock and affect sleep quality.

## **Avoid napping for too long**

When trying to establish a new habit, it's important to try to adhere to the natural circadian rhythm - and taking a nap too long can upset the circadian rhythms. A perfect nap usually should not last longer than 20-30 minutes, help restore cognitive function and make us feel more alert.

## **Only drink coffee before noon**



**Avoid drinking coffee after lunch break**

Caffeine is a stimulant that can affect our sleep, although the level of caffeine effects on each person is not the same, but basically, this is a stimulant that affects the circulatory system and nerves, make us more alert. So if you're in the middle of trying to reset your sleep cycle, it's best to limit your caffeine intake after lunch break and especially in the evening.

## Do exercise

Exercise is a valuable medicine for health. However, to get quality sleep and to fall asleep easily, it's best to avoid intense exercise for about 1 hour before going to bed.

## Go out for a walk

Exposure to both natural light and even darkness will help us keep our circadian rhythms more balanced, thereby shortening the time to return to the natural circadian rhythm.

## Change sleep habits

At least 1 hour before going to bed, you should stop working, reduce the time you look at the TV screen, phone, or computer. Instead, meditate or read a book. This helps the body release hormones that promote drowsiness, relaxation, and easier sleep.

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