

# Sleep and Wellness Routines to Improve Your Overall Health

Written by AZFoothills.com

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Getting more sleep is essential for every function in your body. You need sleep so you can think clearly, so you can drive well, and so you can make important decisions. Sleep is essential to help build muscle, burn fat, and help you feel more calm and rested. The problem is that too many people aren't getting the quality of sleep they need, and that's not good for them. They experience greater stress, more lethargy, and even find their moods to be all over the place. Here are some sleep and wellness routines to improve your overall health when you need it most.

## Turn Off Electronics an Hour or More Before Bedtime

There is something so appealing about being on your technology all day and night. It mesmerizes people, making it more difficult to put down. One of the ways to help your brain slow down from all that stimulation for the day is to turn off your electronics an hour or more before bedtime. Not only will it help your mind slow down, but the lack of blue light will also help stimulate more melatonin production.

## Take the Right Supplements

Speaking of melatonin, some people need a little extra to help them fall asleep at times. Using a melatonin tincture or [CBD gummies with melatonin](#) can reduce stress and improve sleep quality at night. Other destress supplements like ashwagandha can help as well. By lowering stress, your body stops releasing stress hormones and instead starts to relax and go to sleep more easily. The right supplements can help tremendously.

## Get Outside in the Sun For a Few Hours a Day

Did you know that adequate sunshine during the day helps trigger enough melatonin at night? Your body is pretty amazing and when you give it what it needs day and night, you'll sleep better too. Have you ever had a long day at the beach in the sun, or gone for a 2-hour hike? While these things can be tiring themselves, it's also the sunshine that helps you fall right to sleep that night. So whether you sit outside and read your favorite book, or [do a little gardening](#) a few hours a day will help your sleep and wellness more than you can imagine.

## Take Daily Walks

Walking is great for your body. Even if walking couldn't help you lose weight, the benefits of it are still amazing. It's important for heart health, detoxing, and so much more. Want to improve your sleep and wellness? Then go for daily walks. Take 15-minute breaks from work, go outside, enjoy some fresh air and walk around. Get a coworker to take a break with you and you can get some much needed social time as well.

## Drink Adequate Amounts of Water

Did you know that you won't sleep as well if you're dehydrated? Drink more water throughout the day to ensure your cells have everything they need to function while you sleep. Good hydration can improve your mood, decrease joint pain and so much more. You'll find yourself feeling more energized throughout the day if you drink enough water as well.

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## Learn to Reduce Stress

One of the most important habits for overall wellness is learning to reduce stress. You can do this by learning mindfulness techniques, reading a good book, exercising, practicing yoga exercises, or even finding solace in religious faith. There are plenty of teas, supplements, and even essential oils that can help calm your mind and relieve stress. The key is finding the right combination of stress-relieving habits that help you the most.

## Discover the Value of a Social Media Break

Constantly checking your social media is a good sign that [you need a break from social media](#). It's best for your mental health if you can break away for a few days at a time. Go out of town, find somewhere without access if you need to. You'll find yourself more at peace and less anxious if you do this digital detox several times throughout the year. Breaking the habit of social media can help you be present and focus on things in the here and now. Additionally, time away from the screens on your phone before bed can help your brain release the right chemicals that help you sleep. Put the phone down and leave it there for an hour or more before you plan to go to sleep.