

Five Steps to Better Sleep

SLEEP. BREATHE. RECOVER. | CHERRYBANK DENTAL SPA

Good sleep supports physical recovery, mental clarity, emotional resilience and long-term health. Whether you are training, managing a busy life or simply hoping to wake refreshed, small changes can make a difference.

1. Keep a consistent sleep schedule

Your internal body clock helps regulate when you feel awake and sleepy. Aim to go to bed and wake up at roughly the same time each day, including weekends. Most adults need around 7–9 hours of sleep per night.

2. Get daylight and move your body

Natural daylight, particularly in the morning, helps regulate your sleep–wake cycle. Regular physical activity can also support better sleep. Try a morning walk or another enjoyable outdoor activity.

3. Breathe comfortably through your nose

Your nose filters, warms and humidifies incoming air. The nasal passages and sinuses also produce nitric oxide, a signalling molecule involved in vascular physiology. Some nasal nitric oxide is carried into the lungs during breathing.

If your nose is clear, becoming aware of gentle lip closure may help you notice habitual mouth breathing. Some people use mouth tape as a reminder. Do not use it if you have nasal blockage, difficulty breathing through your nose or suspected sleep apnoea. Persistent snoring or waking with a dry mouth merits assessment.

4. Create a sleep-friendly evening routine

Keep your bedroom dark, quiet and comfortably cool. Dim bright lights before bed and allow time to unwind. Be mindful of late caffeine and alcohol near bedtime: alcohol may make you sleepy initially but can disrupt sleep.

5. Listen to your body, not just your wearable

WHOOP, Apple Watch and other trackers can help reveal patterns in sleep duration and consistency, but sleep-stage and recovery estimates are imperfect. They cannot diagnose or exclude a sleep disorder. Pay attention to your daytime alertness, mood, energy and how refreshed you feel.

When to seek advice: Regular loud snoring, witnessed pauses in breathing, waking gasping or persistent daytime sleepiness may warrant a medical sleep assessment. If you are sleepy while driving, do not drive while sleepy and seek prompt medical advice.

At Cherrybank Dental Spa, we are developing a collaborative approach to sleep and breathing health, helping patients recognise concerns and access appropriate assessment.