**Turn off your tech for better sleep**

When it comes to getting quality sleep, taking a break from technology an hour before bedtime is likely the best thing for you!

Research has found that light from electronics like a TV screen or phone sends alerting signals to the brain which disrupts your sleep. The circadian rhythm (your internal sleep/wake cycle) is especially sensitive to this ‘blue’ light and delays the release of your body’s sleep signals. This means you still feel awake even after you turn out the lights.

Added to this, using social media can also be a source of stress and distraction, especially since we’re all prone to ‘doom-scrolling’ news and sensational stories. When getting ready to go to sleep, you want your body and mind to know that it’s time to sleep, and stimulating your mind with social media or emails doesn’thelp you to relax. This potential stress is another reason experts suggest you turn technology off at least one hour before bedtime.

Make tonight the first night you give your mind a pre-bedtime break – and it’s easy: just turn off the tech.