Now that the holidays are over and we’ve embraced the new year, we are slowly getting back into our daily routines. And because we want to start the year off right, we’re focusing on one of our most essential activities: sleeping. Our sleep impacts how we feel mentally and physically.

Having a healthy sleep schedule increases our immunity, decreases the risk of anxiety or depression and makes us feel better overall. We have 12 steps for you that you can take to sleep better in 2025!

**Have a consistent sleep schedule**

Easier said than done, we know. But if you can go to bed and wake up around the same time every day, falling asleep and waking up will come a lot easier. So avoid staying up really late or sleeping in during the weekend and stick to your routine. After a while, your body will be so used to it that it will know when it’s time to go to bed and when to start the day.

**Wind down before you go to bed**

Your sleep routine starts before you get into bed, so make sure that you schedule some time to actually wind down. Switch off your devices and choose a calming activity like reading or meditating. Doing this will clear your mind, which will make it easier to fall asleep.

**Manage your worries**

If you often find yourself lying awake at night, try some ways to quiet those worries when you go to bed. Don’t watch the news or scroll through social media in the evening if that makes you anxious. If you’re worried about everything you still need to do, write everything down on a list for the next day.

**Prepare your body**

Caffeine, alcohol, nicotine or a big meal can stop you from going into a deep sleep. Avoiding these things right before bedtime will improve your quality of sleep. Alcohol especially has been proven to increase the risk of snoring, disruptive sleep patterns and sleep apnea, so limiting your alcohol consumption is great, especially if you struggle with these things.

**Make your bedroom a sanctuary.**

The perfect sleep environment is personal, but we do know that little things can have a big impact and make it easier to fall asleep and stay asleep. Many people prefer their bedrooms to be cool and dark. You may like it when the room is quiet, or maybe you need gentle sounds like rainfall or a fireplace. Find what works for you.

Another big one is making sure that there are no distractions around. Put your phone on silent and face down (and as far away as possible). If your bedroom is also your workspace, there are many creative ways to still create a barrier between these areas. For example, choose a nice-looking room divider like a shelving unit, clothing rack or curtain!

**Don’t force it**

If you can’t seem to fall asleep, don’t keep tossing and turning and panicking because you’re not sleeping. Try to just enjoy the feeling of resting and you may fall asleep naturally. If not, go do something else like reading or listening to music. You will probably start to feel sleepy soon.

**Keep naps to a minimum**

We all like a good nap. But although short power naps can be beneficial, long napping during the day can have the opposite effect. If you’re used to taking naps throughout the day and you don’t have trouble sleeping at night, that’s great. However, for many people it interrupts their sleep schedule which can make it harder to sleep. Not only that, but long naps can actually make us feel more tired afterwards. Try to keep naps to a 30-minute maximum.

**Get a pillow spray**

It has been proven that certain scents have a calming effect. Two of the most well-known ones are lavender and chamomile. You can buy these in the form of a pillow spray to help you fall asleep easier. Having that same comforting scent every night will send signals to your brain that it’s time to fall asleep.

**A warm bath**

Another great way to get sleepy: a long, warm bath. Do this in the evening without any phones nearby. You can read or enjoy a skincare routine.

**Rule out a sleep condition**

If you’re having sleep problems for longer periods of time, there might be an underlying issue. One common condition is sleep apnea, which causes a person to breathe inconsistently. It can also be that snoring is keeping you from a deep sleep. If you think that you could be suffering from these things, consult a GP.

**Don’t drink too much right before bed**

There is nothing more annoying than having to get up in the middle of the night because you have a full bladder. While some people struggle with this more than others, it’s always good to not drink too much before going to bed.

**Invest in the quality of your bed**

If there’s anything worth investing in, it’s the quality of your bed, mattress and pillow. Not only will this improve your sleep, it also helps avoid back, neck and shoulder pain. Replace your mattress every few years and go for ergonomic pillows. Your body will thank you!

Looking for a new bed, mattress or pillow? We have several deals on [platform name], so improve your sleep and make great savings at the same time!