

# 10 recommandations pour bien dormir

INSTITUT  
NATIONAL  
DU SOMMEIL  
ET DE LA VIGILANCE

Bien dormir passe par des règles d'hygiène du sommeil simples. Appliquer ces conseils quotidiennement réduit les difficultés de sommeil et augmente la qualité des nuits.



Respectez votre rythme et vos besoins de sommeil.



Maintenez des horaires de lever et de coucher réguliers, aussi bien en semaine qu'en week-end.



Exposez-vous à la lumière du jour en particulier le matin, pour aider à réguler votre horloge biologique.

Pratiquez une activité physique régulière pour garantir le bon fonctionnement de l'horloge biologique et augmenter la pression de sommeil. Arrêtez de préférence 3h à 4h avant l'heure du coucher.



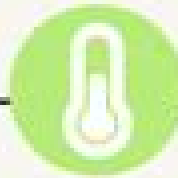
Modérez la consommation d'excitants (café, thé, coca, boissons énergisantes) et n'en absorbez plus après 14h.



Le soir, afin de prévenir les fringales nocturnes, ne sautez pas le dîner mais évitez les plats trop gras et difficiles à digérer.



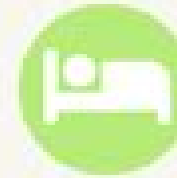
Privilégiez une activité calme le soir (musique douce, lecture, relaxation, activités manuelles).



Aménagez-vous une chambre propice au sommeil : obscurité, silence, température entre 18 et 20°C.



Déconnectez-vous 1h avant de vous coucher (éteindre smartphone, tablette, ordinateur) et laissez les écrans éteints jusqu'au lendemain matin.



Gardez un temps limité au lit pour maintenir l'association : lit = sommeil. Si vous ne dormez pas sortez du lit.

# Le Sommeil Des Meacutedicaments Homeacuteopathiques

**Huangqi Zhang**



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