

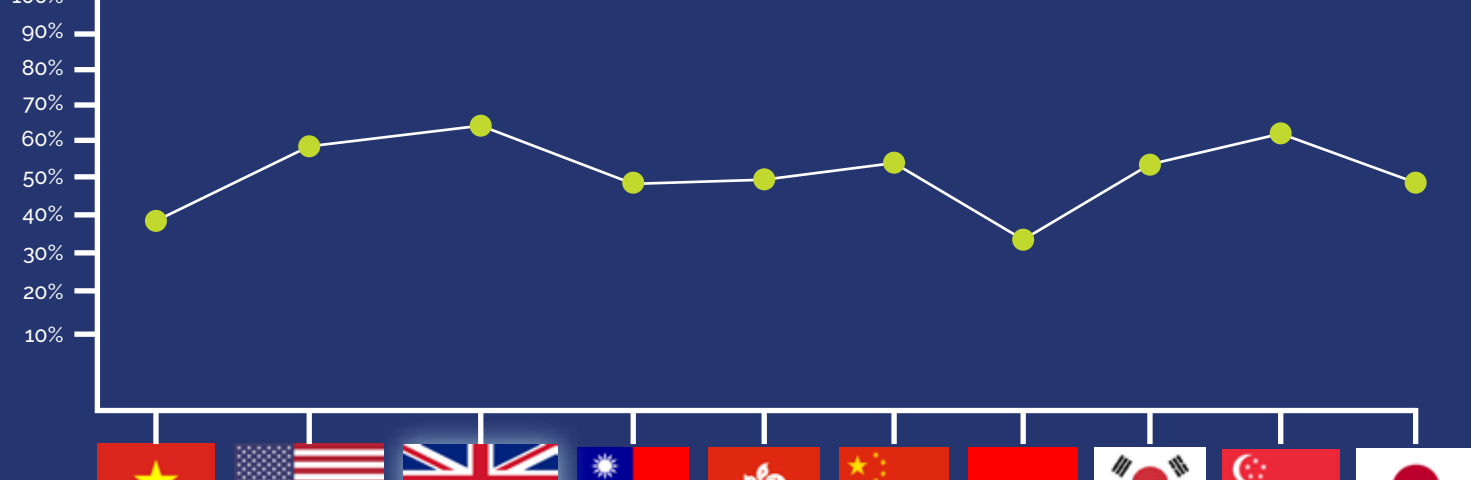
7 Things Successful People Do Before They Go To Sleep

Sleep: we all need it, but most of us don't get enough of it.

The 10 Most Sleep-Deprived Countries in the World

The UK is one of the most sleep-deprived countries in the world, with 63% of Britons not getting enough shut-eye.

% of adults getting less sleep than needed



If your sleep patterns could do with a shake-up, you may be interested to learn the pre-sleep secrets from some of the world's most successful people.

Here's what seven celebrities do before they hit the sack:



1. Switch off and stay away from screens

Any kind of screen time before bed does more harm than good:

The phone's bright light mimics the brightness of the sun, which prevents your brain from producing melatonin.

Sheryl Sandberg



Facebook's Chief Operating Officer makes sure to disconnect before bed and turns her phone off so that she doesn't get disturbed during the night.

Arianna Huffington



The Huffington Post's co-founder, president, and editor-in-chief has completely banned iPads, Kindles, laptops, and any other electronics from the bedroom.

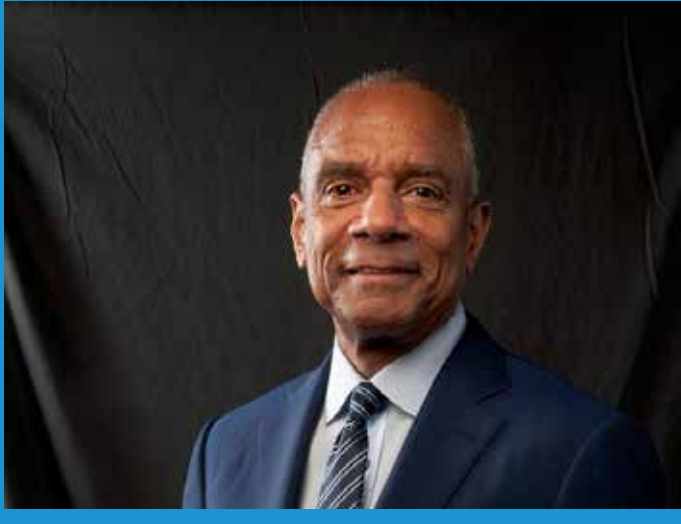
Many successful people also avoid working right before bedtime.

KIP TIPS

- > Don't check your email before bed
- > Don't dwell on work-related issues before bed
- > Give yourself a buffer period of at least a half hour between the time you read your last email and the time you go to bed

2. Make a to-do list

Kenneth Chenault



The CEO of American Express writes down three things he wants to accomplish the next day.

KIP TIP

Another way to prepare for the day ahead is to spend a few minutes thinking about the next day before you sleep, envisioning what you will do and how you will do it.

3. Take a stroll

Joel Gascoigne



KIP TIP

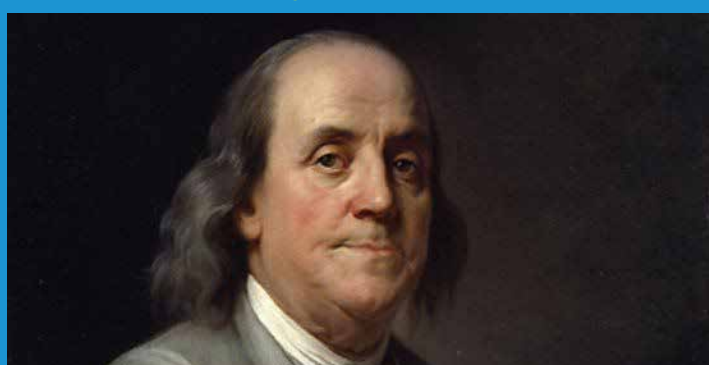
According to the National Sleep Foundation, exercising whenever you can (even at night) helps you sleep better.

The co-founder and CEO of Buffer, Joel Gascoigne, takes a 20-minute walk every evening before bed. He wrote in a blog post:

"This is a wind-down period, and allows me to evaluate the day's work, think about the greater challenges, gradually stop thinking about work, and reach a state of tiredness."

4. Reflect on the day

Benjamin Franklin



The founding father of the USA famously asked himself the same self-improvement question every night:

"What good have I done today?"

KIP

TIP

Take some time every day to reflect on the positive moments of the day and celebrate the successes, no matter how small they may seem.

Consider keeping a 'gratitude journal' to remind you about the progress you're making every day.

5. Make a ritual of bedtime

Steven King



Creating a bedtime ritual sends your brain a psychological signal that you are getting ready for bed. Going to bed at a consistent time every night is also a good habit recommended by sleep experts.

The novelist's nightly routine includes washing his hands and making sure all his pillows face a certain way.

6. Read books

Many business leaders block off time just before bed for reading.



Bill Gates



Reads books or articles until he feels tired and then goes to bed after.

Barack Obama

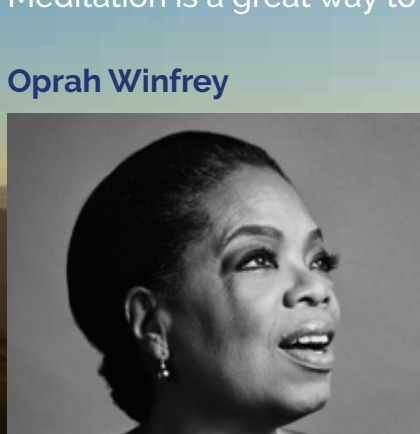


Reads for at least a half hour before bed.

7. Meditate

Meditation is a great way to relax your body and quiet your mind.

Oprah Winfrey



Media mogul Oprah Winfrey meditates twice a day - once in the morning and again before going to bed.

Get the kind of sleep you dream about! Try these kip tips and see what number works best for your slumber.