Komodo's tips for

A good night's sleep

Keep it consistent

Go to bed & wake up at the same time every day, even on weekends. A regular schedule keeps your body clock in sync, helping you fall asleep faster & sleep more deeply.

Limit screens before bed

Turn off phones, tablets, and computers 60 minutes before sleep. The blue light from screens can trick your brain into thinking it's daytime, making it harder to fall asleep. Try reading, journaling, or listening to calm music instead.

Get sun light exposure:

Spend 10–20 minutes outside in the morning. Exposure to natural sunlight helps synchronize your circadian rhythm & promotes a regular sleep-wake cycle. It also supports vitamin D production & helps regulate melatonin, making it easier to fall asleep at night.

Make time to relax

Help your body & mind relax with calming activities, such as reading, stretching, or listening to music. Consistency will help your brain associate these actions with sleep, making it easier to fall asleep over time.

Your bed is for sleeping

Try to use your bed only for sleep & relaxation, not studying, gaming, or on your phone. This helps your brain associate your bed with rest, making it easier to fall asleep & stay asleep. A calm, dedicated sleep space supports better sleep & overall wellbeing.

Create your sleep space

It is very important that your bedroom is comfortable for sleeping. Consider things like the room temperature, a clear bed space & soft lighting. A good sleep environment signals to your brain that it's time to rest.

Protect your sleep every day

Sleep is essential for your wellbeing, helping your brain, body, & mood stay healthy. Make healthy sleep habits part of your daily routine, not just something you do when you're tired. Consistent sleep supports focus, energy, & emotional balance, helping you feel your best every day.

