

Newsletter

Sleep better with your socks on!



Physiological Effects of Wearing Socks at Night



Improved Thermoregulation

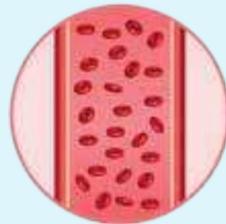
The feet play a crucial role in regulating body temperature.

When the feet are cold, the body has to work harder to keep them warm, which can interfere with sleep. Wearing socks helps to insulate the feet and keep them warm, which can signal to the body that it's time to sleep. Fresh, comfortable ones, please



Enhanced Vasodilation

Warm socks can promote vasodilation, or the widening of blood vessels, in the feet. This increased blood flow can help to improve circulation and promote relaxation.



Stimulation of Marmas

Feet are home to many marmas aka energy points. Wearing socks can help to stimulate these marmas and improve the flow of energy in the body, which can promote relaxation and sleep.



Padabhyanga

Ayurvedic practice recommends performing a foot massage before bed, known as padabhyanga. This massage can help to improve circulation, stimulate marmas, and promote relaxation. Applying Coconut oil to the feet before bed can help to promote better sleep.

One important observation is **Vigorous exercise** close to bedtime can indeed interfere with sleep.



This is because it raises your core **body temperature, heart rate,** and **adrenaline levels,** making it harder to wind down.

Studies have shown that **high-intensity exercise** within an hour of bedtime can increase sleep onset latency (the time it takes to fall asleep) and **reduce sleep efficiency.**

Exercise lasting longer than **90 minutes,** even at a moderate intensity, has been linked to **poorer sleep quality.**

(Some people are more sensitive to the stimulating effects of exercise than others. What disrupts sleep for one person might have no effect on another!)



Deep sleep is crucial for consolidating memories, allowing the brain to transfer information from short-term to long-term storage.

This sleep stage also promotes physical restoration by triggering the release of growth hormone, which aids in cell repair and regeneration.

Deep sleep strengthens the immune system, enabling the body to fight off infections and diseases effectively.



To sleep happily, finish eating and exercising three to four hours beforehand, and switch off your phone an hour before bed.

For doubts and queries, please reach out:

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