

Exercise Your Way to Better Sleep: Simple Steps to Restful Nights

With a good night's sleep becoming harder to come by in our busy lives, it's important to find effective ways to improve it and exercise might be the way! A 1997 study published in the *Journal of the American Medical Association* scientifically proved that regular exercise is an effective treatment to improve our sleep.

The study included 43 patients between the ages of 50 and 76 who weren't exercising regularly and had moderate sleep complaints. These participants were split into two groups. One group began exercising moderately four times a week. Twice a week, they engaged in 60-minute fitness classes including a 30-minute session of endurance training such as low impact aerobics. For the remaining two sessions, subjects took brisk walks or cycled for 40 minutes. The control group kept their normal activity levels. The researchers then compared sleep quality between the groups, using self-reported questionnaires and sleep diaries.

After 16 weeks, those who were assigned to regular exercise noted important improvements in their sleep! Exercisers reported sleeping 42 more minutes longer on average and falling asleep 11.5 minutes faster. According to their sleep diaries, the exercisers reported better overall sleep quality, faster sleep onset, and feeling more refreshed upon waking compared to the non-exercisers.

So, if you've been struggling with sleep, building a regular exercise routine could help you enjoy more restful nights! It's a simple and natural way to improve your sleep and overall health.

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