

# WELLBEING OUTDOOR SLEEPING



## Outdoor sleeping - wellbeing for body, mind, & soul

**Sleeping outside listening to the sounds of nature, breathing cold, fresh air, and being wakening by the early morning sun will give strength, nourishment, and health benefits to your body, mind, and soul.**

**Health benefits:** Reset your circadian rhythm, relieve stress, improve cognitive function, enhance your mood, increase brain activity, finding your inner peace.

**Where:** in a forest, by a lake, in your garden, or elsewhere you feel like it.

**How:** in a wind shelter (lean-to shelter), tent, tarp, or why not under the stars.

**Duration:** enough time for a good night's sleep.

### Sleep well to feel well

Sleeping well is not just about the numbers of hours your sleeping, it's also about how well you sleep. If you well have a good night depends on various of things like, your mental state, the sounds surrounding you, the effects of natural lighting vs artificial lighting, the temperature and air quality and of course your sleeping position and the comfort of bed, pad, pillow and so on.

# SOME TIPS ALONG THE WAY

## **Before you go**

Compose the right combination of gear for the season and weather, as well as what needed for the environment you will be sleeping in, add a touch of personal favourite items.

## **For other preparation**

Use a packing list suitable for the length and difficulties of your hike. Remember to pack a first aid kit, and a phone in case of an emergency.

## **During the day**

Be physically active, enjoy and explore the surroundings. Varying terrain is a challenging way to stretch out your muscles and joints. You can also chop wood and build your fire or walk to the beach and go for a swim.

## **Keep hydrated**

The body loses a lot of water throughout the day. How much a person needs differs a lot, but a general recommendation for women is 2- 3 litre and for men 3-4 litre.

## **On your spot**

Finding the right spot for sleeping is essential for your night out in the wild. Wherever you will lay down, make sure it's flat and even ground. If you're on a hill, sleep with your head on the uphill side, put your clothes under your feet and legs so you do not glide. Unpack your sleeping bag when you arrive so it will have time to re-loft, remember not to over-inflate your mattress.

## **Eat well**

Prepare tasty and nutritious meal so you have the right amount of energy and keep a good mood, if possible, bring nuts, vegetables, and fruits. Grill over a fire and avoid cooking with excess oils. Try to get about three hours between your last meal and bedtime.





## GO TO BED, PRE-SLEEP RITUALS

### **Wind down**

Try meditating, soothing breathwork, yoga, or just embrace the falling night. Keeping your pre-sleep routine like at home will help you relax and fall asleep quicker. Brush your teeth and take a pee , a full bladder can wake you up.

### **Dress according to the temperature**

Remember the importance of layering the feet, body, and hands. If it's cold you can fill a 1 litre water bottle with warm water to warm your feet!

**Tips:** Are your socks wet? An old good-to-know-trick: Heat some rocks at the edge of your campfire and stuff them into wet socks. Roll up the socks. They'll dry in about an hour.

Earplugs and eye mask, even though the sound of nature is calming you might be surprised by how loud it can be. Wind and rain can be noisy. In summertime and up north the lovely sunrise might come a bit too early, and you might like covering your eyes.

### **The emotional benefits of outdoor sleeping**

By increasing your exposure to sunlight and reducing the exposure to electrical lighting at night, you can turn the internal clock and sleep times back and likely make it easier to awaken and be alert in the morning- snooze with the sun.



Learn more about wellbeing activities on [www.wellbeingtourism.com](http://www.wellbeingtourism.com)