

# The Relationship Between Sleep And Skin

*Guest Post by Karim who is the founder of [bedsisland.com](http://bedsisland.com) and advocate of all things sleep related.*

If you are serious about your beauty you will need to take care of every detail that impacts it, and one important factor to how you look during the day is how well you sleep during the night. Quality sleep plays a major role for your beauty level and you need to take good care about it if you want to improve the way you look.

Sleep is one of the most underestimated things in the world, and that does a huge amount of damage to our lives that we could simply avoid by sleeping well and giving sleep the attention it deserves.

The impact of sleep on your skin is very obvious, you will look tired and pale if you aren't sleeping well and you will look energetic and refreshed when you are getting the amount of sleep that your body needs.

Let us investigate how sleep impacts your skin and what to do to get better sleep and as a result a better skin.

## How Sleep Affects Skin

The first obvious way lack of sleep can impact your skin is under-eye circles, lack of sleep causes your skin to be pale and that allows for dark tissues and blood vessels beneath your skin to show.

Under-eye circles will make you look tired and exhausted and you won't be in your best shape if that's the case, you want to be fresh and alert and to look energetic but under-eye circles don't reflect that truth.

Why does sleep deprivation make your skin look pale? Because two things happen when you are not sleeping that impact your skin, first, melatonin production drops, melatonin is a hormone that promotes sleep in your body but it is also an antioxidant that helps protect the skin from damaging free radicals.

The other thing that happens is that cortisol production increases when you are not sleeping. Cortisol is the stress hormone that your body produces in alerting situations so you are ready to act but it has other effects on your body and skin, cortisol, when it is in its normal levels, is healthy but problems arise when there is an overproduction of cortisol.

Cortisol can cause acne because it stimulates your skin cells to produce more sebum, the oil of your skin, and that leads your skin pores to be clogged with the excess amount of oil which results in acne.

Cortisol also contributes to aging and wrinkles and can actually cause you to have wrinkles on your body and face because it causes collagen breakdown and collagen is the glue that holds your skin together and helps it restore its original shape.

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Guest Post by  
Karim of Beds Island

# How to Sleep Better for Your Skin

The first and most important thing you need to do to sleep better is to have a clear waking up time and clear sleeping time.

When you have your schedule right your body starts developing one powerful thing that it is good at developing: habit. A habit is simply your body's way to automate things and make it happen on autopilot with no effort from you. When you are at the early days of your schedule you will probably suffer to sleep but stay with it because things will get good at the end.

Having a bedtime routine would extremely help you stick to your sleeping schedule because it signals to your body that it's bedtime so your body get into the mood and starts the process of shutting down the system.

Eliminate electronics before one hour of bedtime because electronics emit blue light that prevents the production of melatonin which makes sleeping a lot harder than it should so by eliminating electronics one hour before bedtime you are allowing your body to get into the sleep state.

Another general tip you should follow is to exercise during the day, it doesn't have to be every day. Exercise helps free your energy and releases the tension you may have for any reason. It will reduce the amount of stress you have so you can become more able to fall asleep.

Don't eat heavy meals before bedtime, you want to promote rest and relaxation to your body and heavy meals alert your body that there's work to be done and that is not good for your sleep, instead you can eat fruits or salad before bedtime so sleeping gets easier.

And of course, you should stay away from caffeine before

bedtime because it makes you in an alert state and it flips everything into the reverse of sleeping, so if you want to sleep well you have to stay away from caffeine before sleeping and drink moderate amounts of it during the day.

The last tip I have for you is to make your sleep environment friendly and gentle to your skin and that is by investing in luxurious bed sheets that will help your skin rest, recover, and flourish while you are sleeping.

*Guest Post:*

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*I am Karim, the founder of [bedsisland.com](https://bedsisland.com). In the past, I suffered a lot from sleep and it caused me a lot of problems so I decided to get educated about it and share the knowledge I find with the world, and that is what's Beds Island is all about.*