Sleep boosts your memory in two ways. First, it’s the ideal time for them to process the day’s memories. It does this by actively replaying things that were experienced in the day. Second, memory replay can be intentionally triggered during sleep too, so your mum’s right: it’s important you get a solid night’s sleep.

But studying in evening is not a bad idea, as new memories, in particular, aren’t busy completing tasks or at least thinking about something specific, which makes it the ideal time for them to process the day’s memories. Does this by actively replaying things that were experienced in the day. Second, memory replay can be intentionally triggered during sleep too, so your mum’s right: it’s important you get a solid night’s sleep.

To assist memory replay, you could inhale a distinctive scent, such as rose, while you study and again before you go to sleep. This means whatever you’ve been thinking about something specific, which makes it the ideal time for them to process the day’s memories. Does this by actively replaying things that were experienced in the day. Second, memory replay can be intentionally triggered during sleep too, so your mum’s right: it’s important you get a solid night’s sleep.

As this will give your brain all the right signals that it’s time to switch off. You need to keep your bed associated with sleeping peacefully – and not lying awake stressed – so when you next wake up at 4am, get up. Once you’re up, try a relaxing activity in another room that may help you dispel any worrying thoughts – such as reading – or, if you’re particularly stressed about the next day, write everything down, including a plan for your day. Next, drink a glass of milk or eat a few hazelnuts, which are both high in tryptophan. This helps the body produce serotonin, which in turn helps to produce melatonin that can act as a calming agent in the brain and plays a key role in sleep. However, avoid caffeine and food containing the amino acid tyramine (such as peppers, smoked meats and fish), which is a sleep inhibitor.

If you are really feeling wide awake, a hot shower may help, too; it will not cool you down process when you get back to sleep. This is a signal for your brain will gradually start to engage which is a sleep inhibitor.

Do you have a question for our experts? If so, email talkback@topsante.co.uk or tweet us @TopSanteUK

Every morning I hit the snooze button on my alarm clock multiple times before I can muster the energy to get up. Is this a bad habit to get into and is there anything I can do to help me feel ready to jump out of bed? Sept, Durham

I fall into this ‘snoozer’ category, so I sympathise. Don’t worry, it’s normal for you to feel groggy when you first wake up and there’s nothing wrong with pressing your snooze button first thing – it can often take a good 15 minutes to feel truly awake because you’re in the stage of sleep inertia (hallway between asleep and awake). However, even though it may be tempting to fall back to sleep, it’s vital you don’t, as you’ll end up going back through this sleep inertia stage several times. Force yourself to stay awake by turning on a bright light to kick-start your circadian clock and turn on the radio – your brain will gradually start to engage with your surroundings. During the winter months, set your heating so it comes on half an hour before your alarm to help raise your body’s temperature and prepare it to wake up. And for a little extra zing in the morning, try inhaling some mood-boosting peppermint or lemon scent so your ready to jump out of bed.

How can I sleep better working shifts?"

I’m a care worker who works shifts and often find it hard to get to sleep during the day when I’m on nights. Why is this and what can I do to ensure I get the sleep I need? Clemmie, Horsham

You may be finding it hard to sleep in the day because of your circadian rhythm, which works on a 24-hour cycle. These rhythms are driven by a group of cells located in the hypothalamus of our brain, which are controlled by signals from nature, such as sunshine and nocturnal darkness. During this cycle, our body temperature and hormone production changes – at night, our temperature drops and our production of melatonin (the sleep hormone) increases. But when you’re trying to sleep in the day, your circadian rhythm is in the wrong part of its cycle, so it’s hard to drop off.

But there are solutions. First, you can even artificially reset your clock by taking melatonin supplements three hours before you intend to sleep. Also black out windows and stay away from your TV, phone and computer at least two hours before you intend to sleep. Also block out windows and stay away from your TV, phone and computer at least two hours before bed, as blue spectrum light can reset your circadian clock by breaking down melatonin. If you find it tough getting up in the dark, a sun lamp may help. And for a little extra, try a jasmine or lavender shower gel for an added soporific effect.