



The Science of Sleep in the Wild: How a Night at a Jim Corbett Luxury Resort Resets Your Circadian Rhythm

Modern life is very fast and full of stress. Many people living in big cities find it hard to sleep well. Our brains are always busy with work and digital screens, which leaves us feeling tired and drained every day. A trip to the wild might be the best cure for this problem, as nature has a special way of restoring our internal balance. Staying at one of the [luxury resorts in Jim Corbett](#) allows you to disconnect from daily chaos, enjoy peaceful surroundings, and truly relax your mind and body.





What Is a Circadian Rhythm?

Your body has a natural clock called the circadian rhythm. This clock tells you when to be awake and when to rest. It is tied to the movement of the sun. When the sun rises, your body feels alert. When the sun sets, your brain prepares for sleep.



Why do we feel so tired even after sleeping for eight hours in the city? The answer is often related to light. Artificial lights from lamps and phones confuse our internal clock. This confusion prevents the brain from making enough melatonin. Melatonin is the hormone that helps us fall into a deep sleep.

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