

Title:

10 Steps to Help You Get a Great Night's Sleep

Word Count:

1134

Summary:

The only time that your body and your mind repair themselves and rejuvenate is when you're sleeping.

Keywords:

sleep, health, relaxation, stress relief

Article Body:

How did you sleep last night?

I had a great night's sleep, but when I woke up I thought what a powerful effect a great night's sleep has.

Now my idea of a great night's sleep is one in which you sleep soundly and wake fully refreshed.

Also, a key factor in determining if you had a great night's sleep is if you dream 'positive' dreams.

Why is it so important to get quality sleep each and every night? Your body and your mind breathe and repair themselves during sleep.

The only time that your body and your mind repair themselves and rejuvenate is when you're sleeping.

So you actually start each and every day a little bit less focused and less metabolically healthy.

Don't try to catch up on your sleep. People tell me all the time that they know that they don't sleep enough.

So what's considered enough sleep?

Generally speaking, everyone should strive to get 8 hours of restful sleep. Now if you eat a very healthy diet and exercise regularly, you may need less sleep.

On the other hand, if you experience extraordinary amounts of stress each day (mental or physical), you may need more sleep.

So what can you do to help facilitate a better night's sleep for yourself and those around you?

10 Steps To Help You Get A Great Night's Sleep:

1. Make a list of what you need to do the next day, write it all down and keep that paper and list in a safe place.
2. Don't watch television or listen to the radio (especially the news) before retiring for the night.
3. Read some inspirational or self-growth material for at least 30 minutes prior to bed. Your mind will be more relaxed and you'll be able to fall asleep more easily.
4. Make sure the room that you're sleeping in is as dark a room as possible - the body is made to sleep in the dark.
5. Make the room as silent as possible - turn off all electric devices and ask others in the house to do the same.
6. Don't eat for at least 3 hours before going to bed. When there's undigested food in the stomach, it can cause discomfort and disrupt your sleep.
7. Try to go to bed at approximately 10:00 pm and awake at approximately 6:00 am. In Ayurvedic medicine, this is considered the best time to sleep.
8. Don't take drugs or vitamins/herbs that are supposed to help you sleep (unless required by a doctor).
9. Make sure that there's a fresh air supply in the room. The air indoors is said to be some of the most polluted air you can breathe.
10. During the day, do 60 minutes of mild exercise. If you don't have time to do 60 minutes in one sitting, do it in 10 minute increments throughout the day.

I wish you the best night's sleep tonight and every

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