

Title:

6 Powerful Tips to a Better Sleep

Word Count:

364

Summary:

Many Americans are having difficulties falling asleep at night. Instead of sleeping and dreami

Keywords:

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Article Body:

Many Americans are having difficulties falling asleep at night. Instead of sleeping and dreami

- 1) Room temperature: Keeping the temperature in your bedroom at 70 degrees Fahrenheit or below
- 2) Reduce caffeine. A recent study showed that caffeine is not metabolized efficiently and fas
- 3) Avoid alcohol. Alcohol will keeps the body from reaching the deeper stages of sleep, where
- 4) Beds are for sleeping. If you are used to watch TV in bed or even work while being in bed,
- 5) Go to bed at around the same time every day. Don't change your bedtime back and forth. Havi
- 6) Remove the alarm clock from your view. Starring at the time will only create the feeling th

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