

Title:

America's Sleep Epidemic: Some Helpful Tips

Word Count:

1590

Summary:

Some helpful sleep tips for those who wish to improve the quality of their lives.

Keywords:

sleep tips, sleep problems, bedroom, memory foam pillow, bedsheets, humidity sleep

Article Body:

If you feel tired while reading this short article, it is already happening to you...

An estimated 100+ million Americans have occasional sleep problems, of which 40 million have s

In our busy, fast-paced society, it seems we are constantly moving, thinking, and trying to ge

Sleep studies clearly show that not receiving the quality and quantity sleep affects our lives

Some of the following can help us identify when we might not be achieving enough quality sleep

- * Feelings of tiredness at some point throughout the day
- * Falling asleep within a few minutes when going to bed
- * Decreases in levels of intolerance and increased levels of hostility
- * Reduced ability to concentrate
- * Slowed reflexes
- * Impaired judgment
- * Apathy
- * Unusual weight gain or loss
- * Change in body temperatures that lead to feelings of chilliness
- * Unusual levels of anxiety
- * Falling asleep when inappropriate
- * Reduced creativity
- * Reduced ability to think logically or handle complex tasks
- * Increased levels of self-consciousness with increased levels of anxiety

If you find any of these attributes apply to you, you might want to sleep a little longer or s

Amazingly, one of the quickest ways to improve the quality of our lives and waking hours, as t

If you are having troubles falling asleep, there are things you can do that can help you very

Two Things to Avoid: Caffeine and Nicotine

Reduce the levels of caffeine used throughout the day. Studies show that people who have insom

The short of it...reduce the levels of caffeine intake throughout the day. Obviously, we are n

List of items, both food and beverages, that may contain caffeine:

- * Coffee - Brewed (drip or percolated), Instant, Many so-called "decaffeinated" coffees
- * Tea - Brewed (drip or percolated), Instant, Many so-called "decaffeinated" coffees
- * Cocoa
- * Chocolate (Light, Dark, Baker's, etc.): Beverage or Food. This includes hot chocolate m
- * Most Sodas: Including "Diet" and "Clear" Sodas - Coke, Diet Coke, Mr. PIBB, RC Cola, Die

Next, nicotine intake can have a dramatic affect on our ability to get a good night's rest. Just as with alcohol, studies have shown that smokers actually have greater difficulties falling asleep and wake more often during the night. Obviously people are not going to just quit smoking, as most who have the habit realize how addictive it is.

Bedroom Sleep Tips!

There are many more things we can do, to achieve a better night's sleep, including taking a look at our bedroom environment.

- * Bed Sheets: comfort... silk may be romantic, but not always practical. Your sheets should be soft and comfortable.
- * Room Temperature: not too hot and not too cold. Some people find it easier to keep the room cooler than warmer.
- * Noise or Sound: the less the better, although some people might consider an underlying, low-level sound to be helpful.
- * Humidity: If you find your throat is scratchy/sore, your skin feels dry, or you have congestion, a humidifier might be helpful.
- * Lighting: the darker the better.
- * Drafts: some people like a draft, while it bothers others. Keep an eye on this one for yourself.
- * Cleanliness: Ok, simple... keep it clean. This can keep the air fresh and help with sleeping.
- * Bed Equals Sleep: Use and associate your bed with sleeping only and not other activities.
- * Clocks: the click-click-click of mechanical clocks, the brightness from digital clocks, or the glow of a night light.
- * Pillows and Mattresses: Take your time and find what will work for you. The new memory foam mattresses are a popular choice.
- * Biggest sleep tip of all: Take your time and BE PATIENT with yourself. See what works best for you.

These are just a few things about our sleep context that can help us achieve a better night's sleep.

As the statistics clearly show, most of us are walking around half awake every day, which means we are not getting the most out of our lives.

Take the above tips and run with them. Take your time, be patient, and find what has helped others.

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