

Title:

20 Tips For A Great Night's Sleep

Word Count:

444

Summary:

Getting a good night's sleep helps us to be happier, more productive people, so here's some tips

1. Avoid drinking tea or coffee late at night
2. Stop smoking ~ nicotine is a stimulant and so can make it difficult to get to sleep and stay asleep
3. Go to bed at the same time each night so that you set a routine
4. Only use the bed for sleeping and sex
5. Use dimmers on your light switches, and dim the lights in the hours before you go to bed to help you fall asleep

Keywords:

sleep, stress, Bach flower remedies, aromatherapy, exercise, alcohol, breathing, relaxation, self-help

Article Body:

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2. Stop smoking ~ nicotine is a stimulant and so can make it difficult to get to sleep and stay asleep
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5. Use dimmers on your light switches, and dim the lights in the hours before you go to bed to help you fall asleep
6. Avoid taking exercise in the evening ~ exercise early in the day to promote restful sleep
7. Try using affirmations, such as: "I let go of the day, and enjoy restful, peaceful sleep"
8. If you can't get to sleep after a while, get up keeping the lights low and do something boring like reading or watching TV
9. Alcohol may help you get to sleep, but you are more likely to wake during the night feeling hungover
10. Try relaxed breathing: breathe slowly and deeply concentrating on your abdomen rather than your chest
11. Get your allergies checked out, particularly if you wake craving particular food in the middle of the night
12. Avoid paying bills and similar jobs just before sleep
13. Try a herbal tea - chamomile, passion flower, lavender flowers or valerian are good, or take a melatonin supplement
14. Put the essential oils lavender and clary sage on your pillow and inhale their soothing vapors
15. Try some flower remedies - there are lots of different types. In the Bach flower remedies: "holly" if anger and resentment keep you awake; "white chestnut" for persistent unwanted thoughts
16. Try holding your frontal eminences (the bumps on your forehead, about half way between your eyebrows)

17. Try taking supplements ~ magnesium and calcium can work well
18. If you suffer with hot flushes/flushes, try some natural support for your endocrine system
19. Many alternative and complementary therapists have success with people with sleep problems
20. Sleep problems can be a sign of an underlying medical condition (e.g. thyroid problems or

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