

Title:

How To End The Frustration Of Insomnia

Word Count:

386

Summary:

Insomnia is a common sleep sickness that has bothered many people around the world. But the co

You know the frustration of looking repeatedly at your clock while endlessly moving around in

The tension builds up to its peak when you see the sunrise, and you have to go to the office l

Keywords:

Article Body:

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You don't have to suffer anymore. Here are some tips to help you snooze faster than you could

1) Wake up and go to bed at the same time everyday, even during the weekends. Some insomniacs

Now this is the biggest mistake you can make. It ruins your body clock and will only worsen yo

2) Don't eat within 4 hours before you go to bed. If in case you went hungry, try some cracker

3) Don't drink caffeine or alcohol. Caffeine can obstruct your ability to sleep.

Alcohol can make you drowsy, but it can wake you up in the middle of the night and bring you s

4) Relax and stay fit. Avoid having a stressful lifestyle. Exercise daily to release tension.

Engage in breathing exercises to relax your body. Most important of all, don't carry your prob

5) Never force yourself to sleep.

Trying your best to sleep requires some work. You don't want to work when you want to doze off

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