

Title:

Staying In Bed Can Cause Insomnia

Word Count:

517

Summary:

It would seem ridiculous to suggest that the reason you can't fall asleep is because you are i

It's happened to most people at least once in their lives. They feel tired in the evening, so

Keywords:

insomnia

Article Body:

It would seem ridiculous to suggest that the reason you can't fall asleep is because you are i

It's happened to most people at least once in their lives. They feel tired in the evening, so

Insomnia is a common problem and although there are many medical ways to treat it, the answer

Sleep is of course fundamental to a human being's existence and if we feel that we aren't gett

The problem with that logic is that if you are not tired, being in bed is not going to change

If you are in bed and you cannot fall asleep after thirty minutes you should get back up. It m

If you do get up there are a few things you can do that will help put you in the mind frame th

Watch television. It's important to pick a program that is not stimulating such as the news or

Listen to soft music. For some people music is very relaxing and if you sit in a darkened room

Read. Again choice is important. You shouldn't choose something that you'll become too engaged

Getting out of bed when you can't sleep doesn't mean that insomnia has already taken hold of y

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