

Title:

Your Television Viewing Might Keep You Awake

Word Count:

500

Summary:

Watching an exciting movie in the evening is a favored way for many people to relax after a long

When we watch something exciting or thrilling on television, our adrenaline gets...

Keywords:

insomnia

Article Body:

Watching an exciting movie in the evening is a favored way for many people to relax after a long

When we watch something exciting or thrilling on television, our adrenaline gets pumped up and

We don't always associate our insomnia with what we've done in the evening. Instead we attribute

If you feel as though you might be losing sleep because of what you are watching in the evening

Some suggested alternatives are:

Reading a book or a magazine. Choose something that you find genuinely interesting to read, then

Play a board or card game with your family. Spending time with those you are closest to is a good

Take a warm bath. Immersing your body in a tub full of warm water helps to relax your muscles

Take a walk. Getting outside and exercising can tire you out enough that you'll drift quickly

Mental stimulation is important when it comes to driving, studying and learning. There are many

Choose to spend your time before bed doing something relaxing that allows you to calm down and

This is a demo version of txt2pdf v.10.1

Developed by SANFACE Software <http://www.sanface.com/>

Available at <http://www.sanface.com/txt2pdf.html>