

Anti-Insomnia Tips

When you use the system as prescribed and incorporate some of the hints listed below, you may be surprised how much better you feel...

According to the Mayo Clinic if you follow these steps then you will be more likely to sleep well and awake rested...

<http://www.mayoclinic.com/health/sleep/HQ01387>

No. 1: Stick to a sleep schedule

Go to bed and get up at the same time every day, even on weekends, holidays and days off. Being consistent reinforces your body's sleep-wake cycle and helps promote better sleep at night. There's a caveat, though. If you don't fall asleep within about 15 minutes, get up and do something relaxing. Go back to bed when you're tired. If you agonize over falling asleep, you might find it even tougher to nod off.

No. 2: Pay attention to what you eat and drink

Don't go to bed either hungry or stuffed. Your discomfort might keep you up. Also limit how much you drink before bed, to prevent disruptive middle-of-the-night trips to the toilet.

Nicotine, caffeine and alcohol deserve caution, too. The stimulating effects of nicotine and caffeine — which take hours to wear off — can wreak havoc with quality sleep. And even though alcohol might make you feel sleepy at first, it can disrupt sleep later in the night.

No. 3: Create a bedtime ritual

Do the same things each night to tell your body it's time to wind down. This might include taking a warm bath or shower, reading a book, or listening to soothing music — preferably with the lights dimmed. Relaxing activities can promote better sleep by easing the transition between wakefulness and drowsiness.

Be wary of using the TV or other electronic devices as part of your bedtime ritual. Some research suggests that screen time or other media use before bedtime interferes with sleep.

No. 4: Get comfortable

Create a room that's ideal for sleeping. Often, this means cool, dark and quiet. Consider using room-darkening shades, earplugs, a fan or other devices to create an environment that suits your needs.

Your mattress and pillow can contribute to better sleep, too. Since the features of good bedding are subjective, choose what feels most comfortable to you. If you share your bed, make sure there's enough room for two. If you have children or pets, set limits on how often they sleep with you — or insist on separate sleeping quarters.

No. 5: Limit daytime naps

Long daytime naps can interfere with nighttime sleep — especially if you're struggling with insomnia or poor sleep quality at night. If you choose to nap during the day, limit yourself to about 10 to 30 minutes and make it during the midafternoon.

If you work nights, you'll need to make an exception to the rules about daytime sleeping. In this case, keep your window coverings closed so that sunlight — which adjusts your internal clock — doesn't interrupt your daytime sleep.

No. 6: Include physical activity in your daily routine

Regular physical activity can promote better sleep, helping you to fall asleep faster and to enjoy deeper sleep. Timing is important, though. If you exercise too close to bedtime, you might be too energized to fall asleep. If this seems to be an issue for you, exercise earlier in the day.

No. 7: Manage stress

When you have too much to do — and too much to think about — your sleep is likely to suffer. To help restore peace to your life, consider healthy ways to manage stress. Start with the basics, such as getting organized, setting priorities and delegating tasks. Give yourself permission to take a break when you need one. Share a good laugh with an old friend. Before bed, jot down what's on your mind and then set it aside for tomorrow

Here is something you may not have thought of before, foods that can help you to sleep well...
(*always check with your doctor before changing your diet)

- Peanuts

Peanuts have a lot of niacin and niacin can help to increase the release of serotonin. This is important because Serotonin is a feel-good hormone that helps reduce stress and calm your mood.

Stick with natural and unsalted/processed varieties.

As peanuts are high in calories a small amount is best.

- Warm milk

Milk contains tryptophan which helps you to fall asleep faster. Also, the calcium in milk helps to regulate your brain's production of melatonin, which is responsible in large part for regulating your sleep cycle.

- Grapes

It might surprise you to know that grapes also contain melatonin.

- Cherries

Cherries also contain melatonin which means they too can help regulate your sleep.

* A handful of grapes or cherries is all that may be needed about an hour before bedtime.

- Bananas

Have potassium and magnesium, this is important because both act on the body as a natural muscle relaxant and stress reliever. Bananas also contain tryptophan which gets converted into 5-HTP which then is turned into sleep-inducing serotonin and melatonin.

Final thoughts...

Remember that you are entitled to feel great. This in fact is why we feel good, or bad. So we know when we are on the right track, or not.

Do not ignore these feelings as they are nature's way of telling you when something needs attention and thus are feelings you should be grateful for, and they indeed can be things you feel grateful for.... As long as you listen to them and take the appropriate action.

I'm here for you...

Morry

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We do not recommend using these recordings while under the influence of alcohol or other mind-altering substances.

Sometimes this form of stimulation can bring repressed or otherwise undealt with memories into consciousness, as a result it is always a good idea to have someone readily available to “talk to”, if the need should arise.