

How to Get a Good Night's Sleep

Healthy sleep is essential for your wellbeing... however, one in five people suffer from insomnia

The most common causes of insomnia:



1 Depression, stress and anxiety

2 Illnesses

3 Uncomfortable sleeping conditions

4 Change of climate or time zone



How to deal with insomnia :



Avoid caffeine, stimulants and energy drinks

If you have a desk job, make sure to take a walk and get some fresh air before sleep

Follow a bedtime routine (personal hygiene, changing into bedtime clothes)

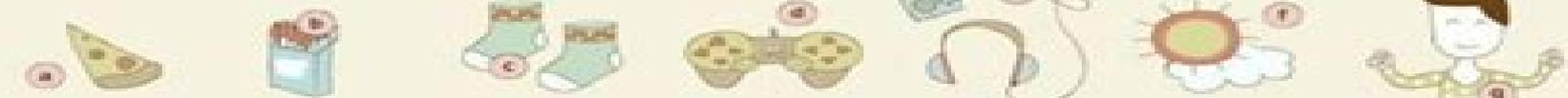
Sleep on a moderately soft, comfortable and even bed

Maintain a moderate temperature in your bedroom (18 to 25 degrees Celsius)

Quiet and darkness help to produce melatonin

Go to bed and wake up at the same time every day

Don'ts :



Don't eat greasy food and junk food before sleep

Don't smoke or drink alcohol before sleep

Don't go to bed with cold feet (put on socks or put a hot-water bottle in your bed)

Don't watch television or play computer games in bed

Don't put working electric appliances anywhere near your head

Don't sleep during the day

Don't focus on insomnia (sleep usually comes when you don't think about it)

Ea Getting Good Sleep

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Ea Getting Good Sleep:

The Enigmatic Realm of **Ea Getting Good Sleep**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing lacking extraordinary. Within the captivating pages of **Ea Getting Good Sleep** a literary masterpiece penned by way of a renowned author, readers set about a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting affect the hearts and minds of people who partake in its reading experience.

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