Useful Tips to Get Good Sleep During the Night by Cody

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Today, one of the most common problems that people suffer from is the lack of sleep. Many of us have had the dreadful experience of not being able to sleep even after sponging in the bed for a long time. Or, sometimes we suddenly wake up in the middle of the night and tend to lose our sleep. Finally, we end up drooping and falling asleep at the office desk. Lack of sleep in turn leads to a host of other problems like headache, tiredness, lack of strength and energy in the body, stress and anxiety, forgetfulness etc. In extreme cases, it may even lead to heart problems, blood pressure, and hypertension.

There are a slew of reasons that contribute to sleep disorders. Usually, we don't hit the sack with a peaceful mind. We carry a wave of thoughts and are bogged down by the issues that we face in our everyday life. This is primarily due to the wrong habits that we adopt. Let me highlight some of the most common reasons for the lack of sleep during the night. Relationship problems, office tension, health problems, financial problems are some of the most common reasons for sleep disarray. It would be better to discuss and resolve the issues with your spouse before going to bed so that you can get rid of the loads of worries and tension from your mind. Another reason that could contribute to a disturbed sleep is interrupting noise. The noise may be from a snoring partner, disturbance by pets or it may come from any other external source. In such a scenario, you can use a white-noise machine as it will reduce the frequency of the noise and create a better environment to sleep. Frequent late night hang outs during the weekends also disrupts the regular sleep cycle and in turn leads to irregular sleeping patterns. Take a look at some quick tips that will help you to optimize your sleeping pattern.

â€¢Make sure that the room is completely dark and devoid of any electro-magnetic fields (EMF). The electronic devices are believed to disrupt the production of melatonin and serotonin produced by our hormones when we sleep. So, avoid placing electronic devices nearby. Keep your cell phones and alarm clocks at a considerable distance. A common mistake that almost everybody do is watching TV before bed time. Studies have revealed that exposure to electronic devices like TV, Computer, Cell phone etc. can disrupt the functioning of pineal glands which in turn add to the sleeping woes.

â€¢Always stick to fixed sleep routine. Don't alter your bed timings frequently, especially during the weekends, as this may lead to sleep apnea. If you are disturbed by a world of thoughts, try to practice relaxing exercises like meditation that will help bring down the stress level and give a peace of mind.

â€¢You can increase the production of melatonin by spending in the bright sunlight during the day. This will boost your pineal gland to secrete melatonin, which is the much-needed hormone for sleep.

â€¢Sometimes, the lack of adequate vitamins and proteins in the body also contributes to sleep disorders. Stick to a diet rich in proteins, calcium, and vitamins and stay healthy. Another interesting thing to note is that studies reveal drinking a glass of milk before going to bed gives the much-needed calcium and enables good sleep.

â€¢Avoid wearing tight clothes while sleeping. Loose-fitting clothes will make you feel more comfortable and this will help you get an undisturbed sleep.

In addition to these, it is also better to install security systems at your homes. You may go for any of the reliable security systems like the ADT Alarm Systems to prevent any case of break-ins. Thus, you don't have to worry about thieves breaking in to your house during the night. Although there are

so many factors that affect our sleep, it's up to us to adopt the right method and resolve our issues at the earliest. Sleep well, Be happy!

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Cody is a content writer and likes to write on a slew of topics including health and fitness. He feels it would be wise to install reliable security systems like the a ADT Alarm Systems to avoid the fearful thought of break ins during night time.

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