

Fifty Tips To Help You Sleep Better!

**A Special Report
Compliments Of...**

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Fifty Tips To Help You Sleep Better!

Are you having trouble sleeping at night?

Believe it or not, you can sleep without pills and still beat insomnia. These fifty tips will help you sleep more soundly.

- 1. Try to relax before bedtime; take a short walk, read a good book, or listen to your favorite music. Just do something that isn't stressful.**
2. Do your paperwork or other work-related activities early in the evening.
- 3. Make sure your bedroom is quiet.**
4. If your bedroom is noisy and you can't get rid of the noise, wear earplugs.
- 5. Think of places you fell asleep easily and try to copy those places; set your room up the same way.**
6. Check the medicines you're taking to make sure they aren't nervous system stimulants.
- 7. Make sure your bedroom is well ventilated... but not too cold.**
8. Use the right number of blankets.
- 9. Tuck your sheets properly at the bottom of the bed to allow your feet to feel free and unrestricted.**
10. Make sure your mattress is firm.
- 11. Make sure your bed is big enough for you to sleep in comfortably. For instance, if you're 6'8", then sleep in a king-sized bed instead of a single bed.**
12. Your night clothes are comfortable, not too tight.
- 13. Use a pillow that suits you, soft or firm, whichever you prefer; or not at all, if that's what you prefer.**
14. If you like a soft light on while you sleep, have one on.
- 15. If you prefer to sleep in darkness make sure your blinds are thick.**
16. Get up at the same time seven days a week, no matter what.
- 17. Avoid lingering in bed when you wake up. Instead, get up right away and start moving on with your morning routine.**

18. Avoid napping in the afternoon.
- 19. Do some sort of physical exercise each day.**
20. Cut down on smoking and drinking alcohol at least two hours before bedtime.
- 21. Avoid drinking coffee or soft drinks containing caffeine after dinner.**
22. If you like to watch TV before going to bed, keep it light. Watch a comedy instead of a drama.
- 23. If you like to read before going to bed, keep it light. Read to a logical stopping point, so you won't lie awake wondering what's going to happen.**
24. Avoid socializing with the people that you may get into an argument with in the evening. Nighttime arguments are like poison to an insomniac.
- 25. Go to bed at the same time every night.**
26. Avoid eating too much salt with your dinner and in any after-dinner snacks.
- 27. Eat snacks high in calcium and protein before retiring; small amounts of cheese and nuts contain Tryptophan, an amino acid that helps you sleep better.**
28. Take bone meal tablets or some other form of calcium regularly after dinner.
- 29. Drink herbal teas like camomile and valerian.**
30. Drink a teaspoon of brewer's yeast and a tablespoon of molasses with a glass of milk.
- 31. Drink a glass of warm milk before going to bed.**
32. Drink a teaspoon of honey with a cup of hot water.
- 33. Drink two teaspoons of cider vinegar with two teaspoons honey in a glass of warm water.**
34. Ask your spouse which sleeping position you sleep most soundly in, and then go to sleep in that position.
- 35. If you feel fine after 6 hours of sleep, then avoid sleeping 8 hours just because this is the recommended amount of sleep.**
36. Avoid thinking about the day's problems when you're in bed. Instead, think of pleasant things that happened.
- 37. If you find it difficult to sleep with your spouse, then sleep in your own bed to see if your sleep improves.**
38. Set your bedroom temperature at 60 to 64 degrees F.
- 39. Take a warm bath before going to bed.**
40. Add a tablespoon of dry mustard powder to your before-bed bath.

41. Add baking soda to the bath water.

42. Take foot baths before going to bed.

43. Use a humidifier to keep your room warm in the winter without drying out the air too much.

44. Listen to relaxing music just before you go to bed.

45. When you're in bed, remember the happiest experiences of your life.

46. Ask someone to read aloud to you in bed before you go to sleep.

47. Lie on your back in bed and relax each muscle in your body.

48. Visualize various parts of your body relaxing.

49. Do some deep breathing as you lie in bed.

50. If all else fails, try counting sheep. This is an age-old cure that is helping many insomniacs sleep better. So, it may work for you, too.

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