

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:



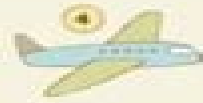
Depression, stress and anxiety



Illnesses



Uncomfortable sleeping conditions



Change of climate or time zone



How to deal with insomnia :



Avoid caffeine, stimulants and energy drinks



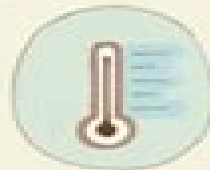
If you have a desk job, make sure to take a walk and get some fresh air before sleep



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

Richard Bailey



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