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

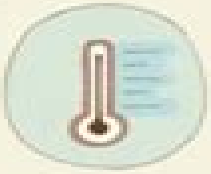
How to deal with insomnia :

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 :

a. Don't eat greasy food and junk food before sleep

b. Don't smoke or drink alcohol before sleep

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

d. Don't watch television or play computer games in bed

e. Don't put working electric appliances anywhere near your head

f. Don't sleep during the day

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

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Ea Getting Good Sleep

RC Schank

Ea Getting Good Sleep:

The Top Books of the Year Ea Getting Good Sleep The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous engrossing novels enthralling the hearts of readers worldwide. Lets delve into the realm of bestselling books, exploring the captivating narratives that have enthralled audiences this year. Ea Getting Good Sleep : Colleen Hoovers "It Ends with Us" This touching tale of love, loss, and resilience has gripped readers with its raw and emotional exploration of domestic abuse. Hoover masterfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can triumph. Uncover the Best : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This spellbinding historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids compelling storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Ea Getting Good Sleep : Delia Owens "Where the Crawdads Sing" This mesmerizing coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens spins a tale of resilience, survival, and the transformative power of nature, entrancing readers with its evocative prose and mesmerizing setting. These bestselling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of engaging stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a brilliant and gripping novel that will keep you speculating until the very end. The novel is a cautionary tale about the dangers of obsession and the power of evil.

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Table of Contents Ea Getting Good Sleep

1. Understanding the eBook Ea Getting Good Sleep
    - The Rise of Digital Reading Ea Getting Good Sleep
    - Advantages of eBooks Over Traditional Books
2. Identifying Ea Getting Good Sleep
    - Exploring Different Genres
    - Considering Fiction vs. Non-Fiction
    - Determining Your Reading Goals
3. Choosing the Right eBook Platform
    - Popular eBook Platforms
    - Features to Look for in an Ea Getting Good Sleep
    - User-Friendly Interface
4. Exploring eBook Recommendations from Ea Getting Good Sleep
    - Personalized Recommendations
    - Ea Getting Good Sleep User Reviews and Ratings
    - Ea Getting Good Sleep and Bestseller Lists
5. Accessing Ea Getting Good Sleep Free and Paid eBooks
    - Ea Getting Good Sleep Public Domain eBooks
    - Ea Getting Good Sleep eBook Subscription Services
    - Ea Getting Good Sleep Budget-Friendly Options
6. Navigating Ea Getting Good Sleep eBook Formats
    - ePub, PDF, MOBI, and More
    - Ea Getting Good Sleep Compatibility with Devices
    - Ea Getting Good Sleep Enhanced eBook Features
7. Enhancing Your Reading Experience
    - Adjustable Fonts and Text Sizes of Ea Getting Good Sleep
    - Highlighting and Note-Taking Ea Getting Good Sleep
    - Interactive Elements Ea Getting Good Sleep
8. Staying Engaged with Ea Getting Good Sleep

    - Joining Online Reading Communities
    - Participating in Virtual Book Clubs
    - Following Authors and Publishers Ea Getting Good Sleep
9. Balancing eBooks and Physical Books Ea Getting Good Sleep
    - Benefits of a Digital Library
    - Creating a Diverse Reading Collection Ea Getting Good Sleep
10. Overcoming Reading Challenges
    - Dealing with Digital Eye Strain
    - Minimizing Distractions
    - Managing Screen Time
11. Cultivating a Reading Routine Ea Getting Good Sleep
    - Setting Reading Goals Ea Getting Good Sleep
    - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Ea Getting Good Sleep
    - Fact-Checking eBook Content of Ea Getting Good Sleep
    - Distinguishing Credible Sources
13. Promoting Lifelong Learning
    - Utilizing eBooks for Skill Development
    - Exploring Educational eBooks
14. Embracing eBook Trends
    - Integration of Multimedia Elements
    - Interactive and Gamified eBooks

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