

How To Mess Up Perfectly Good Sleep Tips



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It's very important to get a good night's sleep. People who get enough good sleep live longer, on average, and feel better.

There are some good tips out there for getting good sleep, but so often this advice goes unheeded. For example....

Tip #1: It's important to have a comfortable place to sleep.

Of course, you won't sleep great if you feel like you're sleeping on rocks! If it's hard to get comfy or you wake up feeling stiff, perhaps your mattress or pillow could be improved. It doesn't have to be expensive. A medium-firm mattress works for most people. However, some people need support from a stiffer mattress, some prefer to snuggle in softness. Certain mattress toppers can add softness and breathability.

With pillows, also, you can try thicker and thinner, firmer or softer. The important thing is to get comfy.

Not like this...



or this...

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Tip #2: It's better not to eat a big meal right before sleep.

Eating right before bedtime can disrupt sleep. It's especially problematic for those with acid reflux. This means some stomach acid can come up into the esophagus after eating, especially if you're lying down. This can be painful and damaging to the esophagus and even corrode the teeth. Surprisingly, some people have this condition and don't know it!

Even for those who don't get acid reflux, lying down with a stuffed belly can be uncomfortable. It can be harder to get to sleep, and sleep soundly.

Don't follow the example below!



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Tip #3: Avoid stimulating distractions at bedtime. Keep your sleep environment calm and serene.

When you're getting ready for bed, it's a time to calm down and let go of the cares of the day. You want to let your body and mind to prepare to drift off into peaceful slumber.

So it's best to avoid loud or exciting activities or other stimulating distractions at bedtime.

This is NOT good...



Don't make this mistake! (Below.)



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Tip #4: Try not sleeping on your back if you snore.

Snoring is a very common problem. Many people don't know they snore, because they sleep right through it. 30% of people age 30 and older say they snore, but 59% say their partner snores! (Vancouver Sleep and Breathing Center study.) If you are a snorer, sleeping on your back can make the problem worse.

Some people who snore have sleep apnea, in which their air-channel gets closed off at night. For those with sleep apnea, back-sleeping can actually be dangerous. If you snore, ask your doctor to help find out if you have sleep apnea.

Sleeping on your side is what's generally recommended for snorers. Some people wear a tight T-shirt to bed with a tennis ball in the back. This helps them train themselves to sleep on their sides.

Some have a hard time changing their back-sleeping habit!!



Talk about loud “Z’s” (below)!!

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Tip #5: Studies show exercise during the day helps you sleep better at night.

Getting regular exercise is a great way to improve sleep, according to a study by the National Sleep Foundation. The most important thing is to get *some* exercise, even a little bit. For couch potatoes, just walking 10 minutes a day could make a big difference in sleep.

Those who are already getting some exercise might improve their sleep by being even more active.

And surprisingly, according to their study, it was even helpful to exercise right before bedtime! Many sleep researchers caution us to leave a couple hours in between exercising and going to bed, however.

It all comes down to doing what works for you.

This might not help, though....



Or this....

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Tip #6: Avoid computer use at bedtime to avoid excess stimulation.

These days, computers and other electronic devices have become so much a part of our lives, it's almost like having a third arm. We use computers for working, for entertainment, for learning... and for relaxing before bedtime.

Unfortunately, sleep researchers have found that the light from electronic screens tells our brains that it's time to be alert! TV's, computers, and other screens emit light in the blue spectrum. Our brains respond by producing chemicals that help us stay awake, instead of those that help us sleep.

The National Sleep Foundation recommends turning off computers and all electronic devices at least an hour before bedtime.

However, some struggle with computer addiction!



It can be hard to part with our computers!

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**Follow all of this advice, and
you'll be sure to sleep like a baby.**



More below....

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Bonus sleep fact: Scientists still don't know why we yawn!



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Humor aside, sleep issues really are a serious national health problem. Studies show that people with sleep disorders have higher risks of several chronic illnesses, and a higher risk of death. Yet this problem is poorly understood!

Most people believe one or more sleep myths. These sleep myths may damage health and shorten lives! Find out more here:

www.DeepRestfulSleep.com/sleep-myths.

No sign-in required.

And tell a friend. And they'll tell a friend.

Note: This report is not intended to diagnose or treat any disease.