

Download File PDF How To Get A Good Nights Sleep

#Jenny



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#Rio



Cool! I'am really happy

#Markus Jensen



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so many fake sites. this is the first one which worked! Many thanks

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
- Stressors
- Unpredictable sleeping conditions
- Change of climate or time zone

How to deal with insomnia:

- Avoid caffeine, stimulants and energy drinks
- If you have a drink job, make sure to take a walk and get some fresh air before sleep
- Follow a bedtime routine: changing clothes, brushing teeth, etc.
- Sleep on a moderate mattress with your back straight
- Maintain a moderate temperature in your bedroom (18-20 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)

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