HOW TO SLEEP BETTER

a quick guide to falling asleep faster and staying asleep longer

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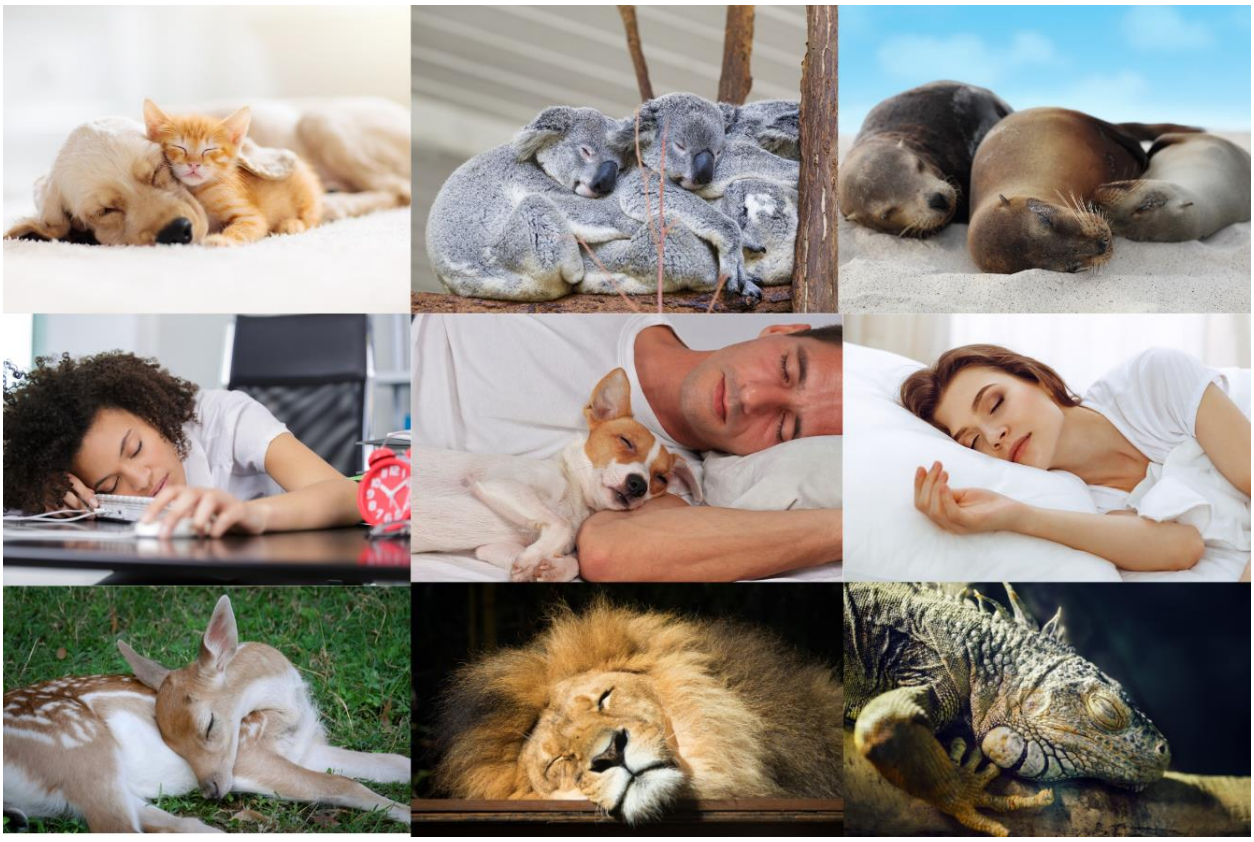
Introduction

Everybody sleeps. From tiny ants to massive giraffes, there aren't many species on planet earth that completely miss out on getting some R&R. Of course, not all animals sleep as humans do. Larger animals like horses and elephants only need 2 to 4 hours of sleep each night, but scientists have even observed wild elephants staying awake for days on end when traveling long distances.

Smaller animals, on the other hand, need much more sleep. For instance, koalas, which are known for being one of the laziest animals on the planet, sleep close to 20 hours every day. Lemurs, opossums, bats, and pocket mice also sleep between 16 and 20 hours per day. The fact that small animals need more sleep than bigger creatures may not make a lot of sense. After all, we usually assume that the larger the animal, the more time it needs to rest and recover.

However, recent studies have shown that there is one evolutionary element that seems to play a role in the sleeping patterns of all human and non-human animals: intelligence. Scientists have found that larger animals (including humans) – who sleep very little in comparison to other creatures – spend more time in REM (rapid eye movement) sleep. For more than six decades, experts have known that REM sleep influences many cognitive functions, including memory consolidation and learning.

When small animals – particularly those who sleep for most of the day – snooze, they spend little to none time in REM sleep. So, unlike larger creatures that use REM to form memories and process what they learned during the day, squirrels and other small animals have to sleep longer to compensate for their fast-metabolic rates. In other words, small animals that spend significant amounts of energy throughout the day, require lengthier periods of rest to restore and preserve energy.



Calling sleeping an important physical process is a massive understatement; after a mere 24 hours without sleep, most people will begin to experience mild cognitive and physical impairments that worsen the longer the person stays awake. Sleep deprivation is among the top ten causes for workplace and motor vehicle accidents, causing an estimated 91,000 crashes in 2017 alone.

The functions and effects of sleep have both puzzled and fascinated people for thousands of years. Ancient civilizations worshiped gods of dreams, used medicinal plants to regulate sleep, and slept in two shifts during the night, waking up for a few hours to pray, visit neighbors, and read. There is plenty of evidence to believe that humans practiced segmented sleep – sleeping in two shifts throughout the night – for hundreds or even thousands of years. At that time, people called these shifts the “first” and “second” sleeps.

One of the earliest written representations of segmented sleep dates all the way back to Homer’s Odyssey, one of the most important pieces of ancient Greek literature that exists to date. From then on, anthropologists have found numerous written accounts on medical papers, novels, and diaries that mention segmented sleep. In one of Geoffrey Chaucer's 14th century Canterbury Tales, The Squire's Tale, the king's daughter rises from her "fyrste sleep.” Historians believe that segmented, also called a biphasic, sleep was common until the early 1900s.

The Importance of Sleep

Reestablishing healthy sleep patterns is the most powerful tool you can rely on for health, and longevity. Healthy sleep benefits include:

- Increases longevity
- Improves immune function
- Protects against cellular damage
- Clears metabolic byproducts from the brain
- Helps the body heal and rejuvenate
- Supports brain function
- Improves memory and focus
- Reduces inflammation
- Lowers risk of heart disease
- Reduces risk of diabetes
- Reduces risk of developing obesity



Almost all of the healing and rejuvenating that occurs in our body happens only when we are DEEPY ASLEEP. In this E-book, we are going to walk you through the most important steps for sleeping better and reaching the crucial level of deep sleep that your body needs.

The Stages of Sleep

Knowing how sleep works is an integral part of achieving better, healthier rest. Every evening as your body shuts down for the night, your brain goes through a series of predictable cycles of electrical activities known as the “phases” or “stages” of sleep. Humans experience four stages of sleep at night: non-REM sleep, which is subdivided into stages 1, 2, and 3, and REM sleep. Throughout these stages, the brain fluctuates between deep and light sleep, the muscles relax, and we experience those strange, sometimes incoherent reruns of events, people, and moments that we call dreams.

To study how the brain behaves during sleep, doctors and researchers use a type of imaging technology called electroencephalogram (EEG). EEG tests use thin wires and metal discs called electrodes to measure electrical activity in the brain and can pick up signals from different parts of the brain. Using EEG technology, researchers are able to observe how brain activity changes throughout the night and how long the average person stays in each stage or phase.

Non-REM Sleep

The non-REM (NREM) sleep phase begins the moment you fall asleep, and each of its stages can last from five to 15 minutes. You go through these stages in order, and they repeat themselves throughout the night.

Stage 1: During stage 1 sleep, EEG tests show a significant decline in brain waves, producing less than half of the activity that occurs during the day. This stage lasts around 10 minutes, and it is marked by very light sleep that can be easily disrupted, meaning that any sudden movement or sound can jolt you awake. Hypnic jerks, which are involuntary muscle spasms or twitches that can make you feel like you are falling, are also very common during this stage.

Stage 2: While the first step can't be fully described as "sleeping," once you enter the second stage on NREM sleep, you are officially asleep. This stage lasts between 30 to 60 minutes, and it is characterized by a slow and steady decrease in heart rate and body temperature with sporadic bouts of brain activity. During stage 2, the body is getting ready for deep sleep.

Stage 3: Once you reach stage 3, your body has finally entered deep sleep. It gets increasingly harder to wake up during this phase because the muscles are very relaxed, and you may even feel confused or disoriented if someone or something were to wake you up. It is during this stage that the body takes a moment to repair itself, strengthening the immune system, regenerating tissues, and building muscle. During this stage, heart and body temperature continue to drop, and breathing becomes slower and deeper.

REM Sleep: REM sleep is arguably the most studied and talked about phase of sleep because it accounts for more than 50 percent of a child’s sleep and 20 to 25 percent of an adult’s entire sleeping cycle. REM is also known as the phase where dreams occur, and while researchers

have determined that humans can dream in other phases, there is an increase in high-frequency waves the brain during REM, suggesting more dream activity at this stage.

Called rapid eye movement – REM for short – during this phase, the eyes, which were motionless up until this point, dart back and forth rapidly. Experts are still trying to figure out why the eyes move during REM. Early theories claimed that the eyes move during REM because we are watching our dreams. More recent studies have suggested, however, that each eye moves independently from each other during REM, suggesting that the left and right eyes engage in individual activity during sleep, disproving the previous theory. In fact, EEG data has shown that every time a person's eyes flicker during sleep, there is a burst in neuronal activity, suggesting that with each movement, the brain is forming a new mental image within a dream.

Though we are fast asleep during all stages of sleep, throughout the REM phase, your body behaves similarly than it does when it is awake. In previous stages, your heart rate slows down, brain activity is at its lowest, breathing becomes deeper and slower, and the body is at its most relaxed. However, during REM, breath becomes faster and irregular, brain activity increases, and the heart beats faster. Your leg muscles also become paralyzed to keep you from acting out your dreams. It is easier to wake up during REM than it is during deep sleep, though waking up in the middle of REM sleep can make you feel groggy and tired.

REM sleep is believed to contribute to memory formation and consolidation, as well as influencing the learning process. Research studies have shown that people who are unable to enter or maintain REM sleep have a harder time recalling, though NREM sleep also seems to play an essential role in memory formation. REM sleep deprivation has also been linked to increased headaches, especially migraines.

Sleep Deprivation

We spend about one-third of our lives sleeping, and yet we tend to take it for granted. Sleeping, together with eating and staying hydrated are vital tasks that we need to do to survive. But not getting enough sleep can cause a myriad of health and public safety. In fact, research suggests that going just 19 hours without sleep can significantly impair motor skills, judgment, and job performance.

Sleep deprivation is a very common problem; data from the Centers for Disease Control and Prevention (CDC) indicates that one-third of Americans sleep less than the recommended amount. It has also been shown that 25% of American adults develop insomnia every year. These numbers reveal a concerning reality of our society's sleeping patterns and hint at possible connections between many of today's health issues and our poor sleeping habits.

Even though anybody can experience sleep disturbances from time to time, sleep deprivation happens when a person doesn't get enough sleep, sleeps during the wrong time of day, or is not able to rest during the night. Insomnia, which is a type of sleep deprivation, is a common condition that refers to difficulty falling asleep or staying asleep throughout the night.

We know surprisingly little about why our body needs to sleep and how much sleep we actually need to function. Throughout history, human sleeping patterns have changed significantly; though it is impossible to know for sure, anthropologists estimate that our ancient ancestors slept less than four hours a day. Nowadays, most experts recommend between 7 and 8 hours.

Several small areas of the brain, including the amygdala, hypothalamus, and pineal gland, manage sleep and the transition between snoozing and waking up. The mechanism by which the brain knows when to wake up and when it is time to go to bed (hint: when it gets dark outside) is called the circadian rhythm, and it controls much more than your sleeping patterns.

The circadian rhythm (aka your biological clock) is a fascinating and complex mechanism that signals the body when it is time to feel sleepy – which is why you sometimes start yawning as soon as the sun sets – but it also works hard to keep you alert and energized throughout the day. In most people, circadian rhythms run on roughly 24-hour cycles, following the pattern of the sun. Circadian rhythm disorders are disruptions to a person's internal clock that result in changes to their normal sleep/wake pattern. There are several types of circadian rhythm disorders, including:

Jet Lag disorder occurs when there is a sudden change in time zones that results in an alteration of sleep/wake patterns. This temporary condition causes daytime fatigue, trouble falling or staying asleep, mood changes, and malaise.

Delayed Sleep Phase Disorder (DSPD) occurs when sleep is delayed by two or more hours past conventional bedtimes. People with DSPD go to bed very late at night (usually past 2:00 am)

and have trouble waking up in time for school, work, and other commitments. DSPD is generally seen in children and adolescents.

Shift Work Disorder affects those who work night shifts or frequently rotate shifts. Shift work disorder is characterized by excessive fatigue or sleepiness or insomnia. But circadian rhythm disorders are not the only consequences of poor sleeping habits. The effects of sleep deprivation go beyond under eye circles and grumpiness; not sleeping enough can take a serious toll on your health, increasing your likelihood of developing potentially severe illnesses and diminishing your overall quality of life. Diabetes, heart disease, stroke, high blood pressure, and arrhythmia are just a few of the conditions that chronic sleep deprivation can put you at risk for. Other effects of sleep loss include:|

- Anxiety and depression
- Increased risk of dementia
- Premature aging of the skin
- Decreased sex drive
- Headaches and migraines
- Increased risk of infections
- Poor memory and lack of focus
- Weight gain/Obesity
- Abnormal hormone production
- Increased risk of respiratory diseases
- More cravings for sweets and carbohydrates
- Increased risk of certain types of cancer including breast, prostate, and colorectal
- Brain and cognitive abilities decline faster
- Decreased productivity
- Increased chances of catching a cold

How to Sleep Better

Fortunately, most of the effects of sleep deprivation can be reversed with a little sleep and sleeping better – though not always easy – can be achieved by adopting healthier habits. These five science-backed tips can help you improve both the quantity and quality of your sleep without resorting to prescription medications and sleeping pills, which can be addictive and often fail at solving the problem at its root.

Wake Up at the Same Time Every Day and Get Sunlight

Maintain a consistent wakeup time and get exposure to bright sunlight every morning. This is the anchor point to your internal sleep rhythm. On weekends you can sleep an hour longer, but stay as close to your sleep schedule as possible. By awakening at the same time every day you can determine your bedtime by subtracting 7 hours (or whatever sleep hours you've determined you need) from your wake time. Setting a sleep schedule will help synchronize your sleep /wake cycle. You can wake up an hour past your set time on weekends, but try to stick to your schedule as much as possible.

Go to Sleep When You are Tired – Not When You're Bored or Fatigued

Feeling sleepy is your body's cue to go to bed. If you go to sleep too early however and try to sleep, you'll probably wake up too early in the middle of the night. A good rule of thumb is to set your bed time, 7 hours before you wake every morning, assuming you are sticking to a consistent waking schedule.

Don't Suffer Your Insomnia in Bed

Don't suffer your insomnia in bed. Give yourself a chance to fall asleep but if it takes too long and you are getting anxious or agitated, get up, go somewhere else and do something relaxing like read a book until you get sleepy. Otherwise, you will start to associate negative feelings with your bed and bedroom which will have negative consequences. Your bedroom/bed should be inviting and associated with relaxing and positive thoughts.

Don’t Watch the Clock

Watching the sleepless minutes pass makes it harder to fall back to sleep in the late hours of the night. Turn the clock away from you so you can’t see it.

Limit Your Caffeine Consumption

Everybody knows that drinking coffee right before bed is a one-way ticket to a sleepless night. But did you know that drinking that 5:00 pm espresso might also be tampering with your sleeping schedule? Caffeine is a stimulant, which is a type of drug characterized by increased activity in the central nervous system and the brain.

The short-term effects of caffeine are usually felt pretty quickly. Five to thirty minutes after drinking a cup of coffee or an energy drink, you'll feel more energized and alert. But its long-term effects last longer, as caffeine's half-life is about five hours.

The half-life of a substance is the time your body takes to reduce it to half of its original concentration. Since a regular 8 oz. cup of brewed coffee can have up to 100 mg of caffeine, when you drink a cup at 5:00 pm, you will still have around 50 mg of in your system by the time you go to bed. If you have trouble sleeping at night, limit yourself to no more than two cups of coffee per day and avoid drinking caffeinated beverages after 4:00 pm.

Establish a Relaxing Routine Before Bedtime

Consider a warm shower, listening to quiet music or reading before bed time to wind down. Even light stretching will help to loosen muscles and help you relax. Avoid activities that might cause stress such as work, answering emails or emotional discussions.

Create the Perfect Sleeping Environment

From the moment you climb inside your bed to the moment you wake up the next morning, you spend 9 to 10 hours inside your sleeping environment. That's over 3,000 hours over the course of a year and nearly one-third of your entire life! So, if your bedroom is uncomfortable and messy, your sleep quality will mirror that.

If you want to get the best night's sleep possible, you must think of your sleeping environment as your very own sanctuary, reserved for sleep, intimacy and restful activities such as meditation or reading for pleasure. The concept of a sleeping environment can vary from person to person. While for many of us, our bedroom is the place where we rest each night, people who travel frequently may spend more time sleeping on hotel beds than on their own bed.

But regardless of where you rest your head each night when you optimize that place for sleep, you lower your chances of waking constantly throughout the night. These are three essential factors to consider for improving your sleeping environment:

Lighting

We already talked about the circadian rhythm – the internal clock that manages your sleep/wake cycles to make sure you are getting enough rest each night. In humans, the circadian rhythm is controlled by a group of neurons located in a part of the brain called the hypothalamus, which is in constant communication with the eyes. Every day as the sun sets and it gets dark outside, the hypothalamus starts getting ready for sleep.

The problem is that artificial light can alter your circadian rhythm. Research has shown that taking your electronics to bed or sleeping with the TV on can signal your hypothalamus that is not bedtime yet. Avoid disrupting your internal clock by making sure your bedroom is as dark as possible when you are trying to doze off and limit your exposure to artificial light before bed by leaving your electronics outside the bedroom.

Temperature

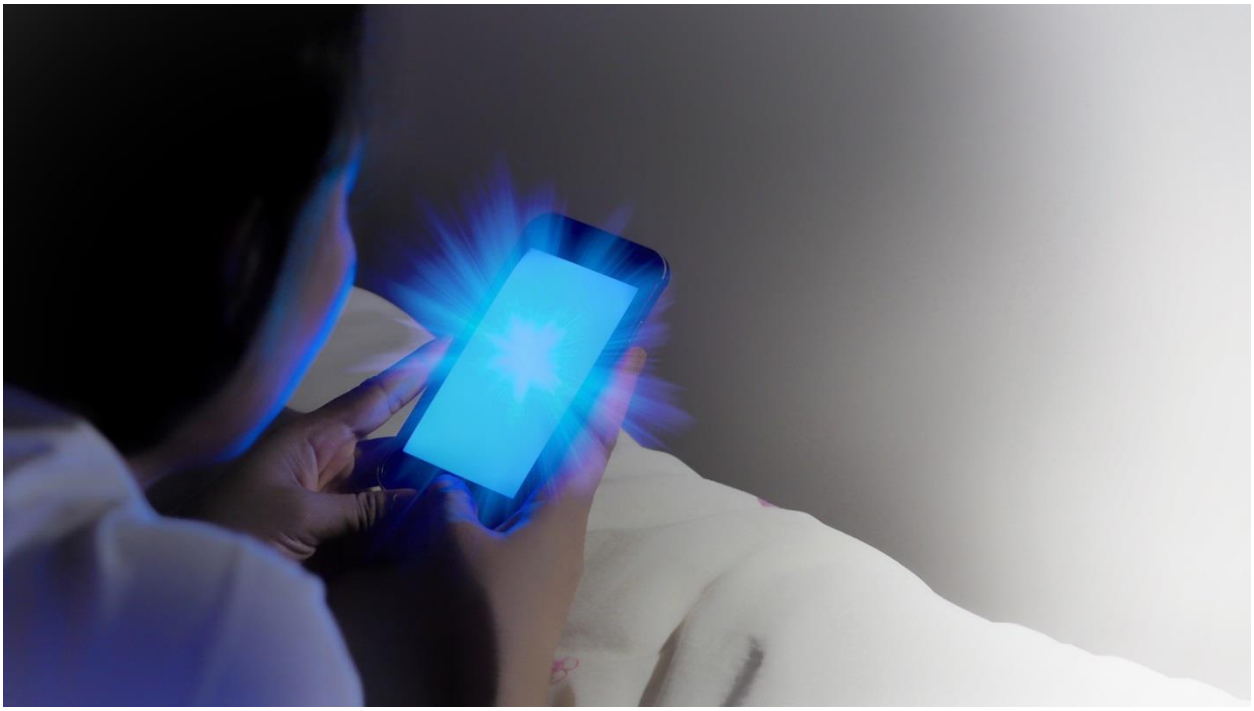
How many times have you woken up in the middle of the night because you were either too hot or too cold? Temperature plays a fundamental role in your sleep patterns, with a cooler bedroom being preferred for optimal rest. Research suggests that the ideal temperature for sleep should be around 60 to 67 degrees Fahrenheit, but remember to wear socks as cold feet tend to be very disruptive for rest.

Noise

Any loud or sudden noises that jar you awake have adverse effects on your sleeping patterns and increase your likelihood of waking up with a headache or migraine. If you live near a busy street or in a noisy neighborhood, consider investing in a pair of high-quality earplugs or a white noise machine. Research shows that constant white noise can induce sleep and block out background sounds and help you sleep better.

Shut Off Your Devices and Avoid Blue Light at Night

Shut off your devices at night or at least an hour before bedtime. Nighttime is when your melatonin starts to get secreted and the blue light from screens can affect this. Excessive blue light exposure from smart phones, iPad, desktop computers, laptops and tablets can throw off your circadian rhythm making it difficult to fall asleep and stay asleep. Blue light mimics natural daytime light, suppresses melatonin and is more arousing and stimulating. If you must use a device at night, consider setting your phone to automatically dim at a certain time. You can find this in your device settings under “Display” and look for blue filter setting. You may also use a blue light filter application to promote more yellow light and less blue. Popular apps are; Night Shift, F.lux, Redshift, Iris, and Twilight.



Eat Sensibly

Have you ever found yourself tossing and turning for hours after a big dinner? Going to bed stuffed (or hungry!) is a recipe for disaster. Heavy foods like white bread, pasta, sweets, and sugary drinks decrease your serotonin levels, keeping you from getting to sleep. Going to bed hungry can negatively affect your insulin levels, making it harder to get a restful sleep.

If you are looking for a peaceful slumber, avoiding heavy meals before bed is the place to start. But choosing the right foods may also improve the quality of your sleep. For example, certain vitamins and minerals like magnesium, vitamin B6, calcium, and tryptophan help the body produce melatonin – the hormone that regulates your sleeping patterns – and herbs like chamomile and lavender help the body relax. Tryptophan, an amino acid that can be found in cheese helps your body produce serotonin, which helps regulate mood and can assist in making you fall asleep. Only eat a small amount near bedtime however because fat can take a long

time to digest. Also, many people wake during the night due to a drop in blood sugar. Eating a small amount of “slow carbs” (carbohydrates that are rich in fiber and cause a slower rise in blood sugar) such as pinto beans just before bed time can help prevent this.

Here's a list of healthy snacks that help wind down and get in the mood for a snooze:

- A glass of warm milk
- A handful of nuts (almonds, pistachios, walnuts)
- Banana
- Avocado
- Chamomile tea
- Cherries
- Dark leafy greens
- Figs
- Grapes
- Kiwi
- Peppermint tea
- Pineapple
- Prunes
- String cheese
- Turkey

Limit Fluids Before Bedtime

While it is very important to stay well hydrated during the day, to minimize trips to the bathroom, don't drink anything 2 hours before bedtime. Having to urinate is one of the most common reasons people wake in the middle of the night.

Give Mindfulness Meditation a Go

In this day and age, where everything seems to be moving at an accelerated pace, it is safe to say that most of us could benefit from a little mindfulness. Simply put, mindfulness is the act of paying attention both to our surroundings and to the world that takes place inside our heads. There are thousands of ways of practicing mindfulness, and not all of them include sitting still with your eyes closed or bending and twisting into moiling yoga positions – even though yoga has been shown to help people with insomnia fall asleep earlier, sleep longer, and wake up less during the night!

The key to practicing mindfulness is to focus in the moment as opposed to fixating on future or past problems that are beyond your control. In a commentary published by the Journal of the American Medical Association (JAMA), the authors described the goal of mindfulness meditation as "(…) to maintain awareness moment by moment, disengaging oneself from strong attachment to beliefs, thoughts, and emotions, thereby developing a greater sense of emotional balance and well-being."

Mindfulness is not only a technique for relaxing and sleeping better, but it has also been shown to reduce anxiety, improve cognition by helping the brain reduce distractions, and improve your ability to communicate your emotions to others effectively. By practicing mindfulness, you will also be reshaping the relationship you have with your own thoughts, giving you the tools to manage that laundry list of worries that keep you up at night in a healthier way.

Meditation is the most popular technique for practicing mindfulness, but paying attention to your breath, walking purposefully, and tuning in with your senses are also effective ways of checking in with your mind. Mindfulness is about observing your thoughts from a non-judgmental place, so forcing yourself to sleep is the total opposite of this practice. Instead, try lying down and resting in a comfortable position, ridding yourself of any expectations, and just paying attention to your breath and how your body feels. Let thoughts drift in and out of your mind without fixating on any of them. Many people find listening to calming music or a guided meditation effective wind downs after a long day.

Just lying in your bed and focusing on clearing your mind for about 10 seconds while imagining being somewhere peaceful such as outdoors in a hammock, lying in a park or on a quiet beach can help put you in the mood for sleep. Consciously relaxing the muscles in your face, jaws, eyes, neck, shoulders on down to your toes while breathing calmly to relax your chest can be a beneficial addition to your nightly sleep routine.

Exercise During the Day

Getting regular aerobic exercise such as walking, jogging, bicycling or swimming on a regular basis will energize you during the day and make you more tired in the evening. You don't have to engage in long extensive workouts, just adding 30 minutes of exercise to your daily routine like a brisk walk around the block, can have big benefits and help you fall asleep faster, get more deep sleep and awaken less during the night.

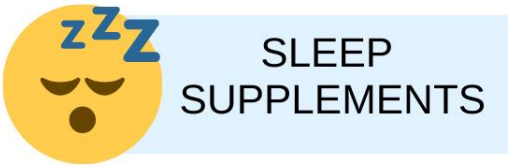
Consider a Natural Sleeping Aid

Some nights, no matter what we do, we just can't sleep. But before you give up on the inevitability of waking up feeling fatigued, moody or with a headache, consider taking a natural supplement to help you reset your internal clock and ease you back to sleep. These are seven research-backed, non-habit-forming natural ingredients that can facilitate sleep:

Hops Extract

Valerian Root Extract

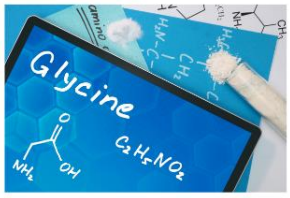
Zizyphus Jujube Exact



Vitamin B-6 (Pyridoxine HCL)

Melatonin

Magnesium



Glycine

Valerian Extract

Valerian is an herbal remedy extracted from the valerian plant native to North America, Asia and Europe. It is commonly used as a natural treatment for sleep disorders, ADHD, anxiety, and restlessness. Research suggests that valerian might reduce the amount of time needed to fall asleep and improve sleep quality. One of the benefits of taking a valerian extract for sleep is that it doesn't cause morning grogginess or difficulty waking. Valerian is also known for stress reduction and is among the eight most widely used herbal supplements in the world.

Melatonin

Melatonin is a naturally-occurring hormone produced by the pineal gland that helps to control our body's biorhythms and helps to regulate sleep. As people age, their melatonin production

declines, and it gets more challenging to fall asleep. Melatonin is a popular ingredient in sleeping aids because it can shorten the time needed to fall asleep and improve the symptoms of jet lag. Melatonin has become one of the most frequently used non-prescription sleep aids.

Magnesium

Magnesium is an essential mineral used in over 600 biochemical reactions throughout the body and appears to influence sleep in a variety of ways. Those who are deficient in magnesium are more likely to have abnormal EEG readings during sleep, more nocturnal awakenings, less time spent in stage 5 REM sleep and self-reports of poor sleep quality. On the other hand, those taking dietary magnesium supplements are more likely to experience better sleep efficiency, the ability to fall asleep faster, and the ability to reduce cortisol levels. Magnesium supplementation also helps to restore normal EEG patterns during sleep.

Zizyphus Jujube Extract

Zizyphus Jujube is a fruit most frequently used for sleep problems in Traditional Chinese Medicine with little side-effects. It is also used for purposes related to gastrointestinal health and digestion and is also known for its relaxation and calming effect.

Hops extract comes from the flowers (seed cones) of the hop plant Humulus lupulus. Hops has long been recognized for its relaxation and calming effect. Studies suggest Hops extract may help to improve sleep quality, shorten time to fall asleep and improve sleep brain wave patterns.

Glycine

This amino acid enhances sleep and supports whole-body health. Early research on glycine and its essential role in sleep was published in 1989 and later in 2008. One of the ways in which glycine aids in sleep was clarified when it was discovered that glycine is responsible for the profound muscle relaxation that occurs during various stages of REM sleep. In another study, glycine improved sleep efficiency, reduced difficulty in falling asleep and enhanced sleep satisfaction.

Vitamin B6 (Pyridoxine HCL)

Vitamin B6 (Pyridoxine HCL) helps your body convert food energy into glucose, metabolize fats and proteins, and ensure proper function of your nervous system. With these various effects, there are ways in which your vitamin B-6 status may cause or contribute to your sleeping difficulties, or insomnia. Pyridoxine is considered adequate for neurotransmitter production to support sleep. Studies show that vitamin B6 positively impacts aspects of sleep and is essential for promoting and maintaining a good mood.

A dietary supplement combining all of the ingredients listed above is available at: MySleepAllNight.com.

Conclusion

For centuries, experts have tossed around all kinds of theories conceived to explain the function of sleep. Evolution, self-preservation, memory consolidation, and brain restoration are among the most popular theories that try to shed light on the ever so elusive question, “why do we sleep?” But even though scientists have yet to come up with a definite answer, we have a pretty clear idea of what happens when we don’t sleep. Car crashes, chronic conditions, workplace accidents, and a diminished quality of life are very real consequences of sleep deprivation, which, unfortunately, is becoming an

The tips and advice we shared with you in this book are meant to help you improve your sleep hygiene and sleep better at night. However, if you have severe sleep deprivation problems like chronic insomnia and sleep apnea, you should talk to your doctor to rule out other health conditions that may be preventing you from getting a good night’s sleep.

Keep in mind that natural remedies and lifestyle changes take time to work, so even if you implement all the alternatives we have given you, you may start noticing results after a few weeks. Remember also that changing hard-wired lifestyle habits like using your phone in bed or drinking an afternoon coffee is not easy and it takes hard work and commitment, so don’t feel bad if you can’t do it at first. Patience and perseverance are the secrets to forming a healthy new habit.

Most importantly, whenever you notice you are having trouble falling asleep, sleeping through the night, or waking up feeling rested and energized, pay attention to what’s going on with your life, the foods you’ve been eating, and any potential stressors. Often times, the mere act of recognizing these factors is the first step towards finally resting through the night.

If you can’t sleep, don’t try too hard. Sleep is not something you go to or you can force yourself to do. It is a passive behavior. Trying too hard makes it worse. But remember, reestablishing healthy sleep patterns is the most powerful tool you can rely on for health, and longevity so utilize these tips consistently to get the deep sleep you need to help your body perform its major function of protecting you and your health.

For more comprehensive information on insomnia and alternative treatments, download the Insomnia White Paper.

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