

# [Eight ways to finally get a sound](https://assignbuster.com/eight-ways-to-finally-get-a-sound/)

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eightways to finally get a sound sleep. haveyou ever asked yourself, why is it so difficult to get up in the morning? whydo I feel like I was run over a train? welldid you go to sleep on the tracks.

No, the answer is simple. you don’t sleep right. waking up is one of themost natural things in the world so it’s not supposed to be such a challengethere is something in your daily routine that stands in the way of your goodrest during the night did you know that having a TV in the bedroom is a badidea do you eat before you go to bed today we’re going to explain why these andmany other things don’t let you rest enough at night counting down from numbereight sleep enough yeah easier said than done but come on it’s your health Musicsleep deprivation is known for causing stress which is never good and the most recentresearch says it may be a reason of diabetes getting enough sleep every nightaffects your productivity your mood and even your weight an average personneeds around eight hours of sleep a night so make sure you spend this amount oftime in bed every night however enough doesn’t mean as much as possible youshould maintain your normal day and night cycle even on the weekends try to goto bed and get up at roughly the same time every day we know it’s hard butstill it will help your body set your internal clock correctly so you won’tfeel tired when you shouldn’t number seven make your bedroom just a bedroomyeah you’re probably gonna have to get rid of that trapeze it’s very importantthat your mind sees the bedroom as a place where the only thing you do is restget rid of everything in the room that has nothing to do with sleep move the TVto the living room and of course don’t make an office in your bedroom if youwork from home good luck with that Music number six make your bedroom as comfortableas possible by a high-quality mattress that will help you rest better andfaster your back will be in the right position so you won’t wake up feeling asif you were in a fight and lost keep the bedroom cool around 65 degreesFahrenheit or 19 degrees Celsius otherwise you will wake up during the nightand sleep worse eliminate all sources of light from the bedroom why the thingis in terms of evolution artificial light hasn’t really been around long enoughso humans have existed for a far longer time without artificial life than withit that’s why we still feel sleepy when it’s dark and more alert when it’slight maybe some day evolution will fix this little bug but until then makesure you sleep in absolute darkness light suppresses production of melatonin ahormone that makes you feel sleeping say goodbye to watching late-night TV andreading books on your tablet try to fall asleep yourself that’s a good time toreflect on the things you’ve done during the day Music number five exercisemore again humans are not perfect who said that and our bodies are not used to spendingnine hours a day in front of the screen at least not yet we’re supposed to huntdown wild animals and not watch cat videos on YouTube ya know so go to the gymto the swimming pool walk everyday do whatever it takes to get tired not onlymentally but also physically exercise helps reduce anxiety and reduce yoursleep so if you suffer from insomnia go outside and run around the block itmight help a lot number four change your diet avoid big meals before the nightotherwise your body will have to do a lot of work when it should be restingdigestion takes a lot of energy so instead of restoring it you’ll be wasting itdon’t drink too much you don’t want to spend that precious sleeping time ontrips to the bathroom right you should also eat less sugar sugary foods cangive you too much energy that will keep you awake for too long Music numberthree relax more seriously take it easy you know that there is nothing moreimportant than your health don’t you we’re not going to advise you somethinglike don’t think about work it’s like don’t think about a huge pink elephantfind a hobby something you truly enjoy doing and concentrate on it this willhelp you get rid of a lot of stressful thoughts take a hot shower before goingto bed it will relax your body and your mind also the water will cool down yourbody temperature and you will sleep better listening to music is another optionwell Rammstein is probably not your best choice try something calm and slow preferablywithout lyrics words can be disturbing while soothing music can help you relax Musicnumber two turn away your clock have you had those moments when you wake upbefore the alarm having no idea what time it is it’s terrible to find out thatit’s just 30 minutes left so you really don’t know whether to wake up now ortry to get back to sleep you usually spend this half hour guessing and then getup tired and stressed so it’s better to be ignorant and happy turning away the clockwill also help you stop checking the time when you can’t fall asleep findingout how much time you’ve been tossing and turning won’t help you a bit it willonly make you angrier and less likely to wake up rested and number 1 have earlynaps napping in the evening destroys your day and night cycle Music thereforeif you really need a nap either have it before 3