

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 the most natural things in the world so it's not supposed to be such a challenge there is something in your daily routine that stands in the way of your good rest during the night did you know that having a TV in the bedroom is a bad idea do you eat before you go to bed today we're going to explain why these and many other things don't let you rest enough at night counting down from number eight sleep enough yeah easier said than done but come on it's your health Music sleep deprivation is known for causing stress which is never good and the most recent research says it may be a reason of diabetes getting enough sleep every night affects your productivity your mood and even your weight an average person needs around eight hours of sleep a night so make sure you spend this amount of time in bed every night however enough doesn't mean as much as possible you should maintain your normal day and night cycle even on the weekends try to go to bed and get up at roughly the same time every day we know it's hard but still it will help your body set your internal clock correctly so you won't feel tired when you shouldn't number seven make your bedroom just a bedroom yeah you're probably gonna have to get rid of that trapeze it's very important that your mind sees the bedroom as a place where the only thing you do is rest get rid of everything in the room that has nothing to do with sleep move the TV to the living room and of course don't make an office in your bedroom if you work from home good luck with that Music number six make your

bedroom as comfortable as possible by a high-quality mattress that will help you rest better and faster your back will be in the right position so you won't wake up feeling as if you were in a fight and lost keep the bedroom cool around 65 degrees Fahrenheit or 19 degrees Celsius otherwise you will wake up during the night and sleep worse eliminate all sources of light from the bedroom why the thing is in terms of evolution artificial light hasn't really been around long enough so humans have existed for a far longer time without artificial light than with it that's why we still feel sleepy when it's dark and more alert when it's light maybe some day evolution will fix this little bug but until then make sure you sleep in absolute darkness light suppresses production of melatonin a hormone that makes you feel sleeping say goodbye to watching late-night TV and reading books on your tablet try to fall asleep yourself that's a good time to reflect on the things you've done during the day Music number five exercise more again humans are not perfect who said that and our bodies are not used to spending nine hours a day in front of the screen at least not yet we're supposed to hunt down wild animals and not watch cat videos on YouTube ya know so go to the gym to the swimming pool walk everyday do whatever it takes to get tired not only mentally but also physically exercise helps reduce anxiety and reduce your sleep so if you suffer from insomnia go outside and run around the block it might help a lot number four change your diet avoid big meals before the night otherwise your body will have to do a lot of work when it should be resting digestion takes a lot of energy so instead of restoring it you'll be wasting it don't drink too much you don't want to spend that precious sleeping time on trips to the bathroom right you should also eat less sugar sugary foods can give you too

much energy that will keep you awake for too long Music number three relax more seriously take it easy you know that there is nothing more important than your health don't you we're not going to advise you something like don't think about work it's like don't think about a huge pink elephant find a hobby something you truly enjoy doing and concentrate on it this will help you get rid of a lot of stressful thoughts take a hot shower before going to bed it will relax your body and your mind also the water will cool down your body temperature and you will sleep better listening to music is another option well Rammstein is probably not your best choice try something calm and slow preferably without lyrics words can be disturbing while soothing music can help you relax Music number two turn away your clock have you had those moments when you wake up before the alarm having no idea what time it is it's terrible to find out that it's just 30 minutes left so you really don't know whether to wake up now or try to get back to sleep you usually spend this half hour guessing and then get up tired and stressed so it's better to be ignorant and happy turning away the clock will also help you stop checking the time when you can't fall asleep finding out how much time you've been tossing and turning won't help you a bit it will only make you angrier and less likely to wake up rested and number 1 have early naps napping in the evening destroys your day and night cycle Music therefore if you really need a nap either have it before 3