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5 Tips for Overcoming Sleeping Issues

Our Friends · Friday, July 31st, 2020

If you suffer from insomnia or another common sleeping disorder, getting a good night's rest can be incredibly difficult. Whether you're in full-time employment, looking after a newborn, or have daily errands to perform, it's important that you have the energy and stamina to get through the day. For those who are having trouble getting a good night's sleep, here are five useful tips on how to overcome your sleeping issues.

Exercise Regularly

Factoring in regular exercise into your schedule can promote better sleep and help you sleep for longer. Whether you're a fitness fanatic or the idea of exercise fills you with dread, physical activity can provide invaluable benefits for your health. If you're struggling to get enough sleep, make sure that you don't exercise immediately before your bedtime, as this can have a stimulant effect. There are plenty of at-home exercises that you can try out to improve your circulation, cardiovascular health, and most importantly, boost your quality of sleep.

Create a Relaxing Bedroom Environment

When it comes to overcoming sleeping issues, it's vital that your bedroom promotes peace and relaxation. If your room is full of clutter, it's likely that your mind will be affected too. Creating a relaxing bedroom environment can be achieved by making your room feel spacious, investing in good quality bedding, and purchasing a comfortable mattress. If you have an adjustable bed, you need to choose the right mattress, so like mentioned in this Simply Rest's post, it's important to do some research before you buy.

Limit Naps

If you're constantly on your feet, you may begin feeling tired and fatigued in the middle of the day. Many of us love nothing more than to have a nap in instances like this. However, when it comes to bedtime, you may struggle to get enough (or any) shuteye. While you may see naps as a good chance to catch up on missed sleep, it's best to create and maintain a regular sleeping pattern instead. If you're sleeping in several intervals throughout the day, this will make it more difficult to relax, unwind, and get good quality sleep during the night.

Remove Distractions

With millions of us glued to our smartphones, it's safe to say we're a nation of social media

addicts. If you use platforms like Facebook, it's likely that you will take your news feed to bed with you. The blue light from your smartphone can play havoc with how much sleep you get and make it hard to switch off. To promote better sleep and overcome any sleeping issues you may have, it's best to leave your device somewhere that's hard to reach. Any emails, texts, or calls can wait till the morning, so removing distractions like your smartphone will help you relax and settle down before going to sleep.

Reduce Stress

Many of us suffer from high stress levels. Whether it's because of your job, arguments with your partner, or trying to find the right balance between your social life and work life, there are tons of challenges that we face every day that can impact our health and well being. A mind filled with stress and anxious thoughts can make it challenging to get to sleep, so trying out relaxation techniques and deep breathing exercises may help.

Your body is reliant on a good night's sleep, helping to boost your immune system, increase energy levels, and ensure you're in the best frame of mind. If you have a sleeping disorder and find it near to impossible to drift off, there are lots of lifestyle changes and strategies you can implement into your routine that may help.

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