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Tips For Easing Anxiety To Improve Sleep

Our Friends · Tuesday, May 10th, 2022

One of the good things about anxiety and insomnia being so closely related is the fact that solving one can help you solve both.

For instance, if you suffer from any kind of anxiety disorder, getting treatment for it at the **Clarity Clinic** can help to improve your sleep.

There are plenty of different ways you can improve your sleep short of getting help with treating your anxiety disorder according to professionals. Here are some of the best **ways to improve your sleep**.

Practice Some Relaxation Techniques Before Bed

One of the best things you can do to improve your sleep is to practice some relaxation techniques. There are plenty of different things you can do including yoga that will help you sleep better. These things not only help with sleep directly, but they also help with reducing anxiety. Professionals recommend that you start by learning newer relaxation techniques early in your day. That way, you aren't placing too much pressure to do things right before bed. Thus, when you are comfortable, you can effortlessly practice your techniques before bed to get the best benefits from them.

Stick to a Routine

When you go to bed and wake up at the same time every day, it helps your body adjust its internal clock. You want to keep your clock properly aligned all of the time. Your body has an internal clock known as your circadian rhythm. You want to continue to get up and go to sleep at the same time every day and night to keep this optimally aligned for better sleep.

Get Ready for Bed

One of the biggest mistakes a lot of people make is reflecting on the previous day while in bed. It's typically the first time you have in the day to think about what happened during the day. Because of this, you end up with anxious thoughts and more. Try to **reflect on the day** using some time before your shower and before hopping in bed. That way, you can get your thoughts out beforehand. When you get in bed, you should be ready for sleep.

Reduce Screen Time

The last thing you want to do is sit in bed staring at a screen. Not only do you likely do it all day, but you want to keep your bedtime free of distractions. You also want to avoid doing it because it can expose you to blue light. Unfortunately, blue light can simulate daylight. It tricks your body and mind into thinking it's daytime. This can disrupt your body's internal clock and make it increasingly difficult for you to sleep at night.

Limit Caffeine and Alcohol

Try to skip that glass of wine or beer before bed. This could hinder your quality of sleep. Alcohol can make you more tired, but it can also disrupt the quality of your sleep. Instead try [UnwindCBD](#), it is much more effective at helping you to relax before bed. Likewise, you want to avoid drinking caffeine too late in the day or night. It can affect you up to 6 hours after consumption. Therefore, try to keep your caffeine consumption during mid-day.

Avoid Anxious Thoughts

Try not to dwell too much on any anxious thoughts you are having. Try to avoid thinking about things that are keeping you awake at night. You could be worrying about things you don't need to be worrying about. If you are feeling anxiety while laying in bed, try to get up to get your mind off it. Do some light reading until you feel tired again.

Maintain Good Sleep Habits

Try to optimize your bedroom for better sleep. Keep your bedroom dark and quiet. Avoid doing other things in bed. Reserve your bed for sleep and sex. Try to get a fan or keep your room cool. You don't want your room to be too hot at night as it can keep you from falling asleep and staying asleep.

If you continue to have issues with being unable to sleep or having too much anxiety, speak with your doctor about it. They can help you identify the root cause and get to the bottom of it.

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