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Create a Good Environment for SleepYou may not realize it, but a bed in a dark room isnéÁÁÁt always a healthy sleeping environment. That discomfort can be enough to keep you from drifting off to sleep. By focusing on a simple mental task, you help quiet your mind and shed worries or anxieties that could be keeping you from sleeping. After all, if going to sleep at a time of your own choosing was an option, you wouldnéÁÁÁt be looking for advice on how to fall asleep. These devices emit what is known as blue light. You can also do yoga or other forms of light exercise closer to sleep to help relax the muscles, but youéÁÁÁll still want a bit of a buffer zone. You can count the number of groceries in your pantry, recite a poem or song lyrics, or picture a particular place or object in great detail. And while you may feel like alcohol makes it easier to sleep, youéÁÁÁre likely to be more restless and get far worse quality sleep after partaking. Shades or curtains to keep out car- or sunlight can keep out other sources of light, while earplugs deafen unwanted noise. Photo Courtesy: The India Today Group/Getty Images Sleep is essential for health. In addition to attuning your mind and body to a set sleep schedule, you also want them to connect your bedroom with sleep, so avoid being there when you arenéÁÁÁt sleepy. While the feeling of being full can be satisfying in the moment, it often comes at the cost of endless tossing and turning later as your body digests what you ate. Because of this, you should turn off computers and TVs, unplug cords with indicator LEDs and keep your phone flipped onto its screen (or better yet, not even in the room) before bed. Combined with blankets, this can help you avoid waking in the middle of the night from being too hot or cold. However, both food and drinks before bed can end up keeping you tossing and well into the night. And keep in mind that counting sheep is just one option available to you. This process not only relaxes the body, but also the mind, as it can help you let go of anxieties and racing thoughts.Á Á And speaking of exercise, it can also help to perform vigorous physical activity earlier in the day. If youéÁÁÁre still struggling to sleep after 20 minutes, however, donéÁÁÁt be afraid to get up and do something else relaxing until you feel drowsy again. You should also aim for a bedroom temperature of around 60 and 67 degrees. By keeping a strict schedule and letting it vary by no more than an hour on weekends, you help reinforce your bodyéÁÁÁs natural sleep cycle, which in turn makes going to sleep easier. The body also naturally cools as it prepares for sleep, and lower temperatures may help to encourage this process.Perform Sleep Exercises éÁÁÁ Both Figurative and LiteralCounting sheep to help induce sleep is an old tactic, but one that works. As long as it keeps your mind preoccupied, it should help. Set aside about half an hour before sleep to allow your mind and body to wind down, and get in the habit of performing calming activities, such as reading a book or taking a bath, before bed. By setting your problems down in writing, you no longer have to worry about keeping them all in your mind, leaving tomorrowéÁÁÁs affairs where they belong and freeing up your mind for drifting into sleep. ThatéÁÁÁs not all, though. Photo Courtesy: Ryan Piersie/Getty Images You also consider trying muscle relaxation exercises. Additionally, what feels like nighttime hunger may just be sleepiness, so you might not even be hungry in the first place. The secret to falling asleep isnéÁÁÁt always easy to find, but there are a few things you can do to put your brain and body at ease and relax before bed. Photo Courtesy: Artur Debat/Getty Images The first thing you should look for is light from electronic devices, such as video 9Acov euq rop revercse arap rimrod ed setna sotunim 51 a 01 emot e etnet .onos ues mebrutrep sotnemasnep sesse euq rathe arap segami ytteG / lliG eimaj / IGJ :aisetroC otoF .marassap es saroh 6 sÁpa ametsis ues od arof jÁratse adibeh an latot anAefac ad edatem sanepa .olpmexe rop .aloc uo ©Áfac rebep 9Acov eS .opmet olep odnatul ajtse 9Acov euq omsem .retnam es ratnet e rimrod arap etnestsinoc opmet mu odal ed radix ed arap otid res a ogla .Áh .otmatne oN .etnartsurf etnemralucitrap recerap edop ofÁtseguas asse .raluger rimrod me edadlucifid odnet jÁtse 9Acov .ossi moc racif e onos ed ofÁ9Áamargorp amu riugesnoC .fÁhnama rezaf euq met 9Acov euq o erbos siam adnia etibah 9Acov euq moc asÁaf ofÁn edadivita a euq odom ed .rimrod ed setna .meB samelborp sues ratona ed asÁeugse es ofÁn 9Ás moc.dnifamotnis od siam /peels-ot-teg-ot-woh/ssendrit-dna-peels/llew-evil/ku.shn.www//:sptth éAotrauq-uem-arap-arutarepmet -si-tahw/gro.cinilcdnalevelc.htlaeh//:sptth éAedis-krah-a-sah-thgil-eulbyhtlaeh-gniyats/ude.dravrah.htlaeh.www//:sptth otibjÁh-O -ekaerb-rof-spit-eniefac-69451/selcitra/htlaeh/gro.cinilcdnalevelc.ym//:spttH éA97384002-tra/peels/htped-ni/htlaeh-tluda/elytsefil-yhlaeh/gro.cinilcoyam.www//: sptth éÁemitdeb-erofeb-niarB-ruoy-f-tuhs-of-yaw-21/bl/moc.lartnechysp//sptth lmth.peels .hcum .woh/peels .tuoba/peels/vog.cd.www//:sptth :sosruce ed skniL .rimrod redneterp ed setna meb alas artuo me ol-jÁcoloc ed es-eugifitrec .rimrod eved 9Acov odnauq enofelet ues olep etnematinifni ralur ed otibjÁh uam mu met 9Acov eS .arof arap e ortnat ed etnemadunufor arpserp otanucpe .mu rop mu .oproc od solucis9Ám so raxaler e ranoisnet etnet .s©Áp sod soded so moc odnasÁemoC .sioped mebecer sele euq utser od edadilauq a e recemroda edop etnemical ofÁuq a etnemavitacifingis ratcapmi uortsnomed etion Á luzza zul a .aid o etnarud acif©Áneb omsem ©Áta e socit©Ágrene somret me etneicife siam ajas arohmeE .snumoc sacin Ártele sartuo e rodaturpmoc ed sobac me sdel ©Áta uo levÁssop levÁssop reuqilauq é odapucoerp that you can come up with. Sometimes, the mind and body just wonéÁÁÁt cooperate no matter how obvious it is that you need to turn in for the night. night.

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