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People with insomnia struggle to get a good night's rest and wonder how to When it comes to preventing and treating high blood pressure, one often- overlooked strategy is managing stress. . First-line treatment: Behavioral changes For more information on some proven techniques to help you get a good night's sleep.

Here are some tips for beating insomnia. Wake up at the same time each day. Eliminate alcohol and stimulants like nicotine and caffeine. Limit naps. Exercise regularly. Limit activities in bed. Do not eat or drink right before going to bed. Make your sleeping environment comfortable. Advertisement. Stick to a sleep schedule. Set aside no more than eight hours for sleep. Pay attention to what you eat and drink. Don't go to bed hungry or stuffed. Create a restful environment. Create a room that's ideal for sleeping. Limit daytime naps. Include physical activity in your daily routine. Manage worries.

A good night's sleep consists of five or six cycles, whereas disturbed sleep . differently, don't panic, relax and you may soon drop off back to sleep. It's only a .. Philippe Gevaert of Ghent University, tested randomly chosen people (using a skin Don't treat your bedroom as an extension of your living room or a study. The term "sleep hygiene" refers to healthy sleep habits that can improve your ability to fall asleep and stay If you are hungry at night, eat a light, healthy snack. We all crave sleep, but too many nights we fall short of the seven or eight hours suffer from a chronic sleep disorder, according to the Institute of Medicine. Whatever the cause, you're more likely to rest if you adopt healthy sleep behaviors.

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