

Sleeping Tips

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If getting quality sleep is a problem for you, here are few tips you can consider using to prepare for a good night's sleep.

Make Sleep A Special Event

Start by making "sleeping" a special event. Prepare for it every night as pleasant ritual. Begin your bedtime ritual earlier in the evening. Watch the foods that you eat, and avoid eating a large meal just before bedtime. This affects digestion and can also affect your ability to get to sleep. I

If you really enjoy snacking, consider such snacks as a slice of toast or a bowl of cereal. (if you have allergies, milk may not be a good evening drink) Avoid drinking caffeine or alcohol just before bed.

Try to go to the bed and wake up at the same time everyday, even weekends!

CHOOSE TO RELAX

Take a hot bath just before bed time. Light some aromatic candles, add bubbles to your warm bathwater. Play soft pleasant music such as classical music or light jazz and take some time to completely relax. Pay attention to your body and nourish it. Enjoy the warmth of the water. Let your muscles stretch.

Try to eliminate thoughts of work, or problems at home or with family. Focus on relaxation and visualize a peaceful scene that makes you feel really good or happy. Go to bed when you feel sleepy. Don't fight the urge even if it is early than you would like.

For information on relaxation techniques, refer to this Internet site http://www.umm.edu/sleep/relax_tech.html This Internet site by the University of Maryland includes instructions on progressive relaxation techniques you can use to improve sleeping abilities.

PREPARE YOUR ENVIRONMENT

Once you are ready for bed, cloth your body in nice soft comfortable fabrics that feel delicious and don't restrict your body. Or, live on the wild side and climb naked into super soft bed sheets that caress your body!

Your sleeping environment should be quiet and free from irritating noises. Your bed should be comfortable and provide plenty of space to move around without cramping or awkward postures. Your mattress and pillow(s) should support your body and help you to sleep comfortably.

Try to keep the bedroom dark, so light does not trick your body into thinking it is time to get up. Keep the temperature pleasant, not too hot and not too cold. Cooler is always better than hot.

Avoid doing any stimulating or anxiety provoking activities such as "taxes", watching horror movies or reading an exciting spy story just before bed time. Eliminate noisy sounding alarm clocks that tick through the night or beam the time in poster size proportions!

DO LESS ACTIVITIES, SLEEP A LITTLE LONGER

If you are straining to pack in so many activities in your day that you sleep less than 6 hours a day, consider doing less activities and more sleeping. Make time to sleep. Make sleeping a wonderful event that is precious, valued and appreciated. Remember that sleep is essential for survival. It is vital for health and safety. Instead of cutting back your hours sleeping, give yourself a refreshing break, sleep a little longer!!!