

3 Surefire Ways To Cure Insomnia While Sleeping Less!

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By Ebe Heng

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Seems like you never get enough rest even after sleeping long hours? You would know part of the reasons for this fatigue, as you suffer from insomnia. But the other part on waking up tired even after a good long sleep eludes you.

A good example of how insomnia wreck havoc in a person live can be found my friend, Darren. Suffering from insomnia, he finds it very difficult to concentrate and stay awake during the day. This leads to a couple of failed relationship and lost opportunities for promotion, because his tiredness is seen as insincerity and no interest.

Highlighted above shows the mild effects of insomnia, the tragic ones with many lives lost would be traffic accidents where the drivers doze off.

Okay, now we succeeded in making you sit up and realized that sleep disorder can disrupt your life, here's 3 surefire ways to sleep once your head touches the pillow: –

Following a routine:

Following a routine would assist us to sleep better because of our sleep cycle. 1 sleep-cycle contains 4 stages of sleep with the last stage being the REM rapid eye movement sleep, which is the easiest to wake up.

Getting up before or after REM sleep would make you very drowsy and not rested. The former happens because you have not completed 1 cycle, the latter because of the halting of a new cycle. Therefore, from this experiment with your waking time, you would know what time you are the most alert and that would be the end of your REM.

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And by the way, to get good sleep, you would need at least 1 cycle, which range between 5–6 hours depending on individuals. So, to get quality sleep and to feel energetic for the entire day, you do not need more sleep but waking at the right time (6 hours versus the recommended 8 hours).

Sleeping Environment:

Now, not all of us would enjoy the 'correct' sleep cycle. If you suffer from insomnia, chances are, you might have a disrupted cycle. So, we need to 'persuade' your sleep–cycle on when is the right time to sleep and wake.

To do that we need to lowered our body temperature. Low temperature makes one drowsy while high temperature makes one alert.

Creating an environment would give the body the low temperature (drowsy), sleep experts say that the ideal room temperature is 65 to 70 degrees F. This would give your body the low temperature to fall

asleep.

To make sleep even more effective, we should encourage the production of a chemical known as melatonin, which induces sleep.

A darkened room (darkness) would release melatonin. These two prong approach would slowly conditioned your body to feel drowsy for you to begin your sleep–cycle

Exercise:

To even better your sleep–cycle, you need to exercise, and preferably in the daytime under the sun. Exercising under the sun contributes to raising your body temperature.

As a rule of thumb, if you maintain a high body temperature through the day, as night approaches, your body temperature would drop and you would fall asleep easily (that's assuming that you want to sleep at night).

Go ahead and learn more about sleep disorder and quality sleep. Without reading this article, would you have known that sleeping more does not mean better rest or feeling more energetic? So, to effectively cure your insomnia and get more quality sleep, try to see insomnia as your enemy, something you need to know more in order to defeat it.

"Know thy enemy and know thyself, and you can win every battles"

Sun Tzu
Art Of War

Ebe Heng

How important is a good night sleep worth to you? Ebe Heng has co–create the ultimate, informative and useful sleep directories for anyone with any sleep related problems. Rid that insomnia bug and get

the sleep that you deserved! Check out=>

Insomnia Treatment - Start To Sleep Well Again

By George Royal

For people who are suffering from insomnia, there is nothing so important as finding a good insomnia treatment. After all, the persistent inability to sleep, the constant fatigue, and the frustration of failing to get any rest night after night takes its toll. Fortunately, there are plenty of options available for people who suffer from insomnia, and an effective insomnia treatment can be found by those who need one.

The first thing to do when looking for an insomnia treatment is to look at insomnia prevention. Eliminating caffeine in the evening hours, exercising in the early evening, avoiding television and the internet near bed time, and getting to bed early are all excellent ways to prevent insomnia before it starts. And prevention is the best way to start treatment.

Probably the best-known insomnia treatment is the classic glass of warm milk. For as long as anyone can remember, when somebody has trouble falling asleep, someone has recommended a nice glass of warm milk. The reasons for its effectiveness are still not entirely understood, but warm milk does help people fall asleep. Though it will not necessarily help someone who is suffering from chronic insomnia, it will help people who just need a little something that will help them relax enough to get to sleep.

When the insomnia is a little more stubborn, stronger methods may be necessary. There are several herbal insomnia treatments available and they can be very effective assistants when someone is having trouble falling asleep. The most common herbal treatments include ingredients such as lavender, chamomile, or valerian and they can be very effective when sleep will not come otherwise.

Another option for people who need help falling asleep is melatonin, a naturally-occurring hormone. This hormone is vital in regulating human sleep cycles and, when taken in pill form, it can help people get their insomnia under control and fall asleep when they need to fall asleep. And because it is a naturally occurring hormone in mammals, it is not as hazardous as some of the stronger insomnia treatments.

Unfortunately, some people do not respond to any of these methods and need a stronger insomnia treatment. Which means, of course, sleeping pills. Admittedly, sleeping pills are very effective. However, they also carry a risk of dependency and even addiction and should, therefore, be used sparingly. But, for people who are suffering from extreme, chronic insomnia, there is sometimes no other choice and sleeping pills are needed to finally get a good night's sleep. While it is not a method that should be taken lightly, serious insomnia sometimes require serious measures and sleeping pills are an extremely effective insomnia treatment.

Insomnia treatment is vital for people who want to start getting a good night's sleep again. And there are several treatment options available for people who are suffering from an inability to sleep, ranging from simple methods of prevention to the use of sleeping pills. But the best method is one created by sitting down with a doctor and putting together an insomnia treatment plan that tailor made for the

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person who is struggling with sleep.

Sleep HQ: your guide to sleep apnea and getting a good night's sleep.

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