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How To Get A Good Night's Sleep!

By Michele Carelse

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by: **Michele Carelse**

Do you remember when you were little and it seemed as though sleep overcame you as soon as your head hit your pillow? And you slumbered through the night until morning time? They call it the sleep of the innocent, but don't you wish you could sleep like that again?

Adult responsibilities, stress, lifestyle and other worries often result in poor sleep habits and once the cycle of tossing and turning begins, it is difficult to return to a decent night's sleep. Many adults rely on prescription drugs to fall asleep and quite a few are addicted to them! Others 'self medicate' and use alcohol and other recreational drugs to try and fall asleep. If you are regularly struggling to sleep well, then you probably need to learn to fall asleep again!

So let's go back to basics!

And who better to consult than babies! After all babies are the experts at sleeping so why not learn a little from them! Apart from their age and body clock, there are specific reasons that babies fall asleep so well. Let's have a look at a few of them and see if we can't borrow some of the tricks!

ROUTINE: Most parents try very hard to get their children into a routine. Regular bedtimes, bath times and mealtimes are something to strive towards. Of course, one cannot be too rigid, but a child on a regular routine will feel secure and will be able to 'predict' his environment more easily. It also helps his body clock to start the process of winding down before he actually gets to bed. He knows that after supper comes his bath, a story, a prayer and a good night kiss. When his head hits the pillow, he is ready to meet the sandman!

So try and follow this example. Start a night time routine. Make your evenings more or less predictable along the lines of supper, bath and bed. For at least three weeks try and follow this simple routine and go to bed at the same time each night - about 8 hours before it is time to get up. Wear soft comfortable and cozy nightwear, specifically for sleeping (remember flannel pyjamas?)

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EXERCISE: This is something kids do lots of! They don't stop running around for a minute! Now I am not suggesting that you start running around wherever you go, but regular exercise is one of the best sleep aids around! It's also free and healthy and has lots of good side effects. Take up a sport, go to the gym or start regular walks. You won't regret it!

HAVE PEACEFUL EVENINGS: How many times don't you hear parents saying to their kids "Calm down now, it's nearly bed time". Or "You'd better stop running around - you won't be able to fall asleep!" Perhaps you say this to your own children - with good reason! Do you follow your own advice? Or do you sit up watching thrillers (or even worse the news!) or finishing off the day's work that you brought home from the office? Sound familiar? Try a different approach. Never watch TV while trying to fall asleep. Rather dim the lights while you get into a hot bath and put on some soothing music. Use aromatherapy in your home - in particular lavender for its soporific properties. Be quiet and peaceful for the hour before you go to bed and your body will start to get the message!

OTHER HINTS: Avoid all products with caffeine or sugar after 6pm. That means coffee, cola chocolate and all 'soda pops' (fizzy drinks). Also stay away from heavy meals at night. Your tummy will be too busy digesting to allow you to sleep well! Don't eat red meat, refined products or lots of cheese. Go for pastas, grains, pulses, potatoes and rice. Good evening or bedtime drinks are warm milk, lettuce extract and chamomile tea (sleepy tea) – all safe and proven sleep aids. If you are really struggling, some herbal remedies to aid sleep are Valerian, Passiflora and Kava Kava. Try to put these simple hints to the test for three weeks only. You will be surprised at the difference they make! Should you do this faithfully and still struggle to sleep, consult your doctor or request an online consultation at www.feelgoodcounseling.com/onlinecounsel.htm

Good night!

Michele Carelse is a qualified Clinical Psychologist and Licensed Counselor. Her website at www.feelgoodcounseling.com offers Online Counseling, free Support Groups, Recommended Reading and lots of interesting articles.

Gain 100% Control Over Your Relaxation and Sleeping Time

By William Thomas

In today's high stress, high anxiety world, rest is the single most important thing you can do for yourself. The time that you select to relax or sleep can rejuvenate your body and mind or, it can be a frustrating task of tossing and turning to seek comfort and relief from pain.

Sleep experts and the medical community constantly remind us that unless we rest well and comfortably, problems can result. These problems can be physical as well as mental.

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Disorders related to sleep and rest have been linked to such medical maladies as back and breathing problems, irritability and depression, weight gain, and more. Finding a solution to each of these sleep-related problems can be long and disconcerting.

Pills may offer some relief, but this is usually temporary as the effectiveness of the medication lessens with constant use. Breathing machines have improved sleep for persons with sleep apnea and "white noise" has offered relief for those who have trouble falling asleep.

After years of study and experimentation, experts are rapidly coming to the conclusion that getting a good night's sleep may actually depend on the type of bed you're sleeping upon.

Beds have evolved through history from makeshift palettes made from leaves to the adjustable beds of today that conform to your body's every want and need. These beds were originally designed to offer comfort and relaxation. Now, they're being touted as the new age solution to sleep or rest dilemmas.

Sleep Deprivation Can Deprive You of Quality of Life

Sleep deprivation can deprive you in other ways that you've probably never thought of. For example, lack of a peaceful night's sleep can affect your waking hours in ways that cause poor job performance or safety issues such as drowsiness while driving a car or operating machinery.

"Time" magazine recently published that "getting a good night's sleep is an ordeal for 70 million Americans." To better understand how sleep deprivation can affect your quality of life, sleep clinics have popped up all over the country in an effort to study sleep problems and find solutions.

The good news from these studies is that your sleep surface can be a major solution to most rest and relaxation problems that can lead to medical difficulties. It makes perfect sense that if you can adjust your bed to obtain the ultimate comfort and pain relief, you'll have the ultimate good night's sleep.

If you stay awake at night because of your partner's tossing and turning, a dual adjustable bed can be a great solution to that problem. Back support and body alignment that adjustable beds offer can also help you in your quest for rest.

Adjustable beds bear no resemblance to the old, mechanical hospital beds of the past. Manufacturers now produce remote controlled, electronically operated beds and have made them longer, wider and more durable than ever before.

You can also find an adjustable bed that blends with your décor, uses ordinary sized linen and offers approximately a thousand different positions so that you can find the perfect comfort level.

Don't let sleep deprivation ruin your quality of life. Research and consider an adjustable bed to see what it can do for you.

Why A Stationary Bed Isn't Enough

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In order to gain 100% control over your sleep and relaxation, the bed that you choose needs to conform to your body's needs. If you're suffering from sleep deprivation, don't underplay the significance of how your bed can control the quality of your life.

Adjustable bed manufacturers such as Simmons, Craftmatic, Tempurpedic and Electropedic offer many options that cater to your comfort needs and will help you gain control of your sleep and relaxation problems.

These options range from heaters and massagers to the latest technology in positioning. If you suffer from allergies, you can find an adjustable bed that is resistant to bacteria, mold, mildew and mites. Adjustable beds offer everything that a top quality stationary bed has – and so much more.

The proper adjustable bed can be your ultimate sanctuary from stress and pain. Don't skimp on your health and comfort needs when they might just be a comfortable night's sleep away on an adjustable bed.

By William Thomas – For more information on adjustable sleep systems visit the consumer buying guide located at

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