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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Insomnia: Break the Cycle and Get Some Sleep!

By Kristina Haisten

Insomnia is a common sleep sickness that affects many people around the world. For some, it is a chronic situation that may require medical attention; for others, an occasional nuisance. Whichever applies to you, a few tested methods can help.

You know the frustration of looking repeatedly at your clock while tossing and in your bed. It's mental and emotional stress to say the least. Just when you think you might drift off due to pure exhaustion, your alarm rings and you dread trying to get through the day with no energy.

Well, it's time to break that cycle. Here are some tips to help you fall asleep faster and sleep better through the night.

1) Go to bed at the same time and wake up at the same time, EVERYDAY, even on the weekends. Some insomniacs try to catch up on lost sleep by napping on Saturday or Sunday or sleeping in. This is the biggest mistake you can make. You will disturb your body clock and make your insomnia worse. If you can't sleep one night, get up the usual time the next morning. If you'll stick with a schedule, you'll set your body clock and start sleep ing like a baby. You might even find you can do without an alarm altogether.

2) Don't eat within 4 hours of your bedtime. If you're really hungry hav e a very light snack or a glass of milk. But don't indulge in an "eat-all-you-can" feast right before bedtime. Your body has to work hard to digest that food and this could result in discomfort while you're trying to sleep.

3) Don't drink caffeine or alcohol. Both can increase your heart rate and keep you from relaxing enough to fall asleep. Alcohol can make you feel drowsy, but once that drowsiness wears off, the restlessness will begin.

4) Manage your stress and develop outlets to work out problems during the day. Find ways to relax and stay fit. Exercise daily to release tension. Other ways to find harmony are meditating, practicing yoga, use the power of prayer or use breathing exercises to relax. Try not to take your worries to bed with you; remember that you can't do everything at once. A good night's rest will better prepare you to

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face your problems.

5) Never force yourself to sleep. Don't concentrate on falling asleep, just try to empty your mind. Sleep comes best if you are in a relaxed and comfortable state. Just lie down, relax, and let the sleeping fairy cast its spell upon you.

6) Fueling your body with nutritional foods and making sure you are getting all the vitamins and minerals you need to have a strong body during the day will also help you sleep at night. Choose a healthy eating plan that provides the appropriate mix of protein, carbohydrates and fats.

Kris Haisten provides health and nutrition advice and promotes good health thru Fruta Vida International. For a complete nutritional supplement with a great taste visit

<http://www.Frutavidarightnow.com>

3 Surefire Ways To Cure Insomnia While Sleeping Less!

By Ebe Heng

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

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the sleep that you deserved! Check out=>

<http://www.1-2-sleep.com>

ebe@1-2-sleep.com

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Five Simple Tricks For Beating Insomnia

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Insomnia Treatment - Start To Sleep Well Again

Insomnia – The Inability To Sleep

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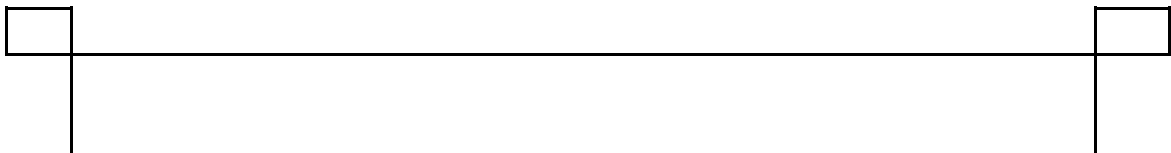
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