

Five Tips for Getting Sleep Better Naturally

The kids are out cold and your partner is snoring away next to you. You look at the clock and watch the minutes tick by as you calculate just how little sleep you're about to get. Each day you're left yawning your way through yet another exhausting game of *how little sleep can I function on?* If this is you, you're not alone! According to a report by the Institute of Medicine published in 2006, it is estimated that around 50-70 million adults in the U.S. suffer from wakefulness or sleep disorders.

While you may wish to consult your doctor regarding medications that may assist with significant sleep disorders, we have five tips to help you naturally get better sleep now.

Tip 1: Choose a Set Bedtime and Wake Up Time

Having a regular sleeping schedule may help you avoid irregular sleep patterns and assist you in achieving better sleep.

Tip 2: Don't Eat Large Amounts Before Bed

Large meals right before bed can cause indigestion and upset stomachs. It's best to eat earlier in the evening or have a light, non-greasy, non-spicy snack near bedtime if necessary.

Tip 3: Avoid Alcohol and Coffee Before Bed

It's best to avoid coffee and alcohol before bed as both can affect your ability to fall asleep and stay asleep.

Tip 4: Avoid Nicotine

Not only is nicotine a stimulant, but dependency on nicotine can cause restless or broken sleep due to cravings.

Tip 5: Don't Watch TV To Fall Asleep

While it may be tempting to watch tv while you wait to fall asleep try to avoid it! It will be harder for your body to settle if it's engaged in watching your favorite shows and re-runs.

That's it! Five little changes and you could be on your way to better, more consistent sleep.