

How to Get a Better Night's Sleep

Description

There are plenty of things that can influence our day, things that make it enjoyable or a day that you wish would be over as soon as possible. While some of the things that influence the day can be beyond our control, some are very much influenced by us. Take, for example, our sleep, which is something that has a huge impact on how we feel the following day. If we're well-rested, then we feel good; if we had a rough night, then we're more irritable. If you often struggle to hit the land of Nod, then take our tips below, which will make it easier to have a restful evening.

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Improve the Bedroom

You can't just slump yourself down into a bed, and hope to fall asleep. There's a big difference between a high-quality and low-quality mattress and duvet, and only one of them is going to give you the comfort you need to drift off. So first, take a look at your bedding, and see if there's a way to improve it – everyone has their own preference when it comes to their bedding; you'll know what's right for you. Elsewhere, you can look at making the room overall more conducive to relaxation. For example, you can adopt a minimalist approach: it's much easier to sink into that relaxed state of mind if you're not surrounded by clutter.

Limiting Sound and Noise

Even if your room is comfortable, you'll find it difficult to hit the hay if there's too much light and noise in your bedroom. To take care of these issues, you can do things such as [soundproof your room](#) and get blackout curtains. If the issue is only minor, then an eye mask and earplugs will probably be enough. If your neighbors are the ones keeping you up, then talk to them – most people are more than happy to quieten down once they understand that they're negatively affecting other people.

No More Kicks and Rolling Over

It could be the case that you have no problem whatsoever falling and staying asleep, but there's another issue: your partner keeps kicking you or rolling you over. If you snore, then this will be a regular occurrence. And you can't blame them – no-one wants to listen to that sound all night! You can look at putting the problem behind you by working with an [ENT doctor](#). They'll be able to provide the help that can reduce the issue. If you're one of those people who struggle to sleep with other people, then look at finding a new bed arrangement that works for you. Or you can sleep in separate beds (it's not traditional, but studies have shown that couples who do stay together for longer).

Relaxing Evenings

One of the mistakes that people make is that they expect just to fall asleep the second they get into bed. But if your mind isn't ready for sleep, then you'll just be lying there, and then you'll get annoyed that you can't fall asleep, and everything will be even more difficult. As such, one recommended method is to spend the two hours before you want to go to sleep relaxing your mind. You'll be more likely to sleep if you've been [reading](#), you've taken a bath, you've taken your [cbn for sleep gummies](#), you're all-around in a restful state of mind. Also, do your best to limit the screen time in the run-up to bedtime. Those flashing lights and beeping noises and finger activity keep your mind alert when you're trying to calm it down.

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Lifestyle Choices

Youâ€™ll also want to see if youâ€™re doing anything thatâ€™ll keep you in a state of alertness before you fall asleep. For example, if youâ€™re drinking coffee after 5pm or having a sugary drink in the evening, then you canâ€™t be too surprised if youâ€™re not falling asleep as quickly as youâ€™d like. Also, a word on alcohol â€” while it might seem like it helps you to hit the hay, it [affects the quality of your sleep](#), so you might wake up tired (even if you think youâ€™ve been asleep for hours, you havenâ€™t been in â€œdeep sleepâ€• mode â€” and thatâ€™s what counts).

Use Up Your Energy

Finally, take a look at what youâ€™re doing during the day. If you havenâ€™t used up your energy, then youâ€™ll have no need to be asleep! So if this is a consistent issue, look at filling your day with more activities, such as [running](#), or working on creative projects. Youâ€™ll soon be ready to crawl into bed.

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