

10 Ways to get a better night's sleep

1. TV

Not just the television but any electronic device with a screen. A recent study found that those people who either watched television or read their emails for example find it a lot harder to fall asleep.

2. Exercise

Everybody knows that the benefits of exercise are endless, having a better night sleep is included in this long list. According to a CNN report you should exercise in the morning or in the afternoon to see the best benefits whilst you sleep. Note that exercise can be anything, even exercise in the bedroom, as long as your href=<http://www.memoryfoammattressdirect.co.uk>>mattress can take it!

3. Food

Some foods can help you sleep and some foods can help you stay awake, we all know about things like warm milk before bed time or chamomile tea, but if that doesn't take your fancy how about the following: bananas, honey, potatoes, oatmeal, almonds, flaxseeds, and whole-wheat bread.

4. Power Nap

Not so long ago, the 20 minute power nap was frowned upon, but now people are finally realising the huge benefits of a power nap. Some companies are going as far as installing sleeping pods in their offices!

5. Alarm Sounds

Try to find an alarm with a less annoying tone, the standard "BEEP BEEP BEEP" is not always the best way to wake up fresh on a morning. Try an alarm clock that has a range of alarm sounds, this way it will give you the chance to sample a range of them, and then you can program the one in that suits you best.

6. Sleep on it

Have you ever been set a task or set yourself a task to find out you get stuck on a hurdle and have difficulty figuring out the problem? Studies show that a little shut eye can help.

7. Insomnia

I for one hate laying awake at night to find out I can't get to sleep, despite the fact that I am tired. Apparently visualisation can help you if you find yourself in this predicament.

8. Long nap & Spoon Technique

Artist and napper Salvador Dali had an interesting nap technique, based on the idea that your body benefits from just getting to sleep as much as a couple of hours worth of shut-eye. He purportedly used a spoon to wake himself up just as he lost consciousness.

9. Caffeine Nap

Yes I had to read this one twice too; I always thought that caffeine kept you awake. But according to an article if you have a cup of coffee the take a power nap you will wake up feeling refreshed and ready to go.

10. Lucid Dream

No it's not a scene from the Minority Report, apparently you can teach yourself to lucid dream; whereby you can direct your dream in which ever direction you want due to knowing you are sleeping. No more will you wake up in a cold sweat from turning up at work naked!

About the Author

If all else fails then you probably need to buy a new mattress, I would recommend a [memory foam mattress](#); it's probably the best [mattress](#) on the market. And if this fails then you may want to visit your doctor for some advice.

Source: <http://www.zogol.com>