

18 TIPS FOR A BETTER NIGHT'S SLEEP

Lack of sleep affects your appetite and your willpower. Your brain, and the proper balance of powerful hormones that regulate appetite and willpower depend on you getting enough rest. If you struggle to get a good night's sleep, try applying these helpful tips.

IMPROVE YOUR SLEEP WITH THESE HELPFUL TIPS	
Tip #1	Set regular bedtimes and wake up times if you can.
Tip #2	Take time to unwind with bedtime rituals. Be deliberate with your preparations like brushing your teeth and washing your face. Brush your hair with a gentle, relaxing rhythm.
Tip #3	Read in bed for a brief while but avoid bright lights.
Tip #4	Listen to relaxing music if it's on a timer.
Tip #5	Don't exercise strenuously for 3 hours before bedtime. It's important to move your body and get at least 30 minutes of exercise every day, but don't schedule this close to your scheduled sleep time.
Tip #6	Don't start new projects close to bedtime. This will distract and stimulate you, making it harder to settle down for rest.
Tip #7	Cut back on caffeine, especially in the later hours of the day. In addition to coffee, tea and caffeinated sodas, this includes chocolate.
Tip #8	Avoid any form of alcohol before bedtime. No bedtime hot toddies!
Tip #9	Keep your blood sugar balanced. Pay extra attention to avoiding added sugars and simple carbohydrates in the evening. Fiber-rich foods are your best choice.
Tip #10	Control your sleep environment the best you can. Make sure your bed is comfortable and in a sleep-friendly setting. Provide yourself with the best mattress and pillows you can afford. Chose sheets that are comfortable and you enjoy.

Tip #11	Control the lighting where you sleep or wear an eye mask. Black out curtains are now easily available at Target or other large retailers.
Tip #12	If noise is a problem, consider wearing ear plugs or providing yourself with a white noise device. Ear plugs can take several weeks to get used to, but I personally find them very helpful.
Tip #13	Adjust the temperature in your sleeping room if possible. Being too cold or too hot will interfere with your ability to stay asleep.
Tip #14	Be alert for allergens in your sleep environment. Dust and mold in the air can disturb your rest. Many people are allergic to dust mites. If your nose fills up at night and you have trouble breathing, seek medical attention for help with allergies.
Tip #15	If you have sleep apnea or physical sleep disturbances, seek medical attention. Today's devices like C-Pap machines for apnea sufferers can make a huge positive difference. There's a strong connection between sleep apnea and being overweight, so losing weight is an important way of improving sleep apnea.
Tip #16	Do everything possible to manage daily stress. Breath-focused meditation for at least 5 minutes can calm your mind and relax you. If you're stressed, dedicate 5 minutes of your bedtime preparation time to closing your eyes while breathing deeply. Listening carefully to your breath going in and out. Imagine that your stress is being exhaled with each breath.
Tip #17	If anxieties and concerns are swirling in your mind, keep a notebook handy and write them down before you get into bed. The same holds true for exciting, new ideas.
Tip #18	Have an orgasm at bedtime. Most people find sexual release to be a relaxing, satisfying sleep aid.

For more information read *Weight Control That Works: 10 Daily Habits to Lose Weight, Keep it Off & Love Your Body*