

7 SECRETS
**FOR A DEEP,
RESTFUL**

**SLEEP
TONIGHT**

7 SECRETS FOR A DEEP, RESTFUL SLEEP TONIGHT

by

PUREHEALTH®
RESEARCH

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The Problem with Not Getting Enough Sleep

How much sleep are you getting each night?

Are you getting at least about eight hours?

Are those actual restful hours or are you tossing, turning, and waking up throughout the night?

Far too many people today suffer from sleep problems, and it can affect so many parts of your life. Even though we all know that sleep is essential, far too few people put enough emphasis on getting proper sleep. This is causing a host of problems.



Negative Effects of Not Getting Enough Sleep

When you don't get enough sleep, consider all of the different issues it could be causing you, especially if you continue to have sleep problems.

Problems with Memory

When people go to sleep, their brains create connections that allow people to process information and remember new and old information. If you aren't getting enough sleep, it will start to affect your short-term and long-term memory¹.

If you haven't been sleeping well, this could be why you are having trouble remembering certain things. If the sleep issues continue, you will have even more trouble remembering.



Mood and Sleep

This is no secret. If you don't get enough sleep, you are likely to be in a worse mood². You are going to feel tired, and you are likely to have a shorter temper because of this. When you aren't getting enough sleep, you could start to feel more emotional, and those emotions could be erratic. Sometimes, the issues can be serious enough that it causes feelings of depression and anxiety. Those issues, of course, can lead to far more problems for you.



Cognitive Issues

When you don't get enough sleep, you simply aren't as sharp and quick-witted as you normally are. You might find issues trying to concentrate, or problems when it comes to solving problems. The amount of creativity you feel will suffer, as well.

These cognitive problems are going to have far-reaching effects on your life. They will hurt your work life, school, and even your social life³.

Why Do People Have Trouble Sleeping?

What are the major causes of these sleep issues that so many people are facing? You'll find that it's not just one thing. Different people might be affected by one or more of the following types of issues.

Stress and Anxiety

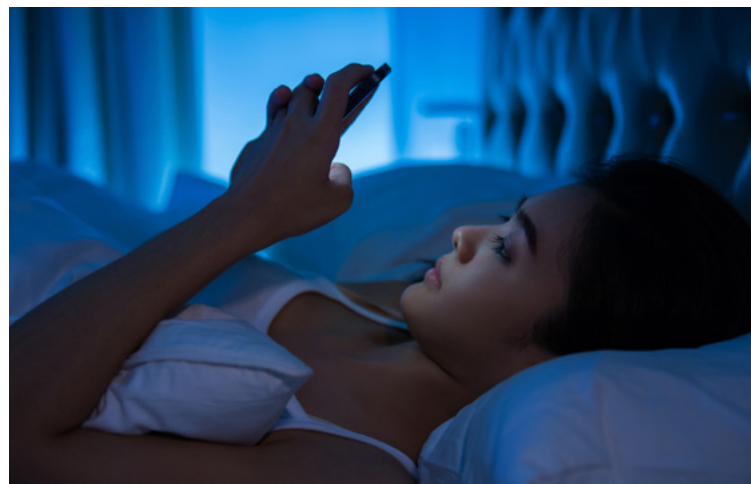
There is no doubt that stress is a real problem in today's world. From the terrible things we hear about on the news to the cost of living, work problems, family issues, and everything in between, it often feels like you can't get a minute of peace.

Stress, of course, causes physical, mental, and emotional changes in your body. Even when you are laying down and hoping you can get to sleep, it doesn't always arrive when you want it. Sometimes, you might be staring at the ceiling for hours, hoping for sleep to come. Stress and anxiety are two thieves that can come in the night and rob you of good and restful sleep.



Bad Sleep Habits

Many people have bad sleep habits. They use their phones in bed, they eat in bed, and they don't have a standard bedtime. Without good sleep habits - which we will discuss later - it will be all but impossible for you to get to sleep.



What You Eat

The food you eat and when you eat it could also be causing you to lose some sleep. If you eat late and go to bed shortly after eating, you are more likely to get heartburn. It will be harder to sleep, and you might wake up several times in the night feeling ill.

Not Getting Exercise

Although it might sound strange, if you aren't getting enough exercise⁴, it might be more difficult for you to get to sleep at night. When you exercise during the day, you will feel more tired when it comes time to fall asleep. Because you are getting into better shape, you will also find that you have more energy throughout the day.

There is a caveat to working out, though. If you work out too close to bedtime, you will find that the endorphins and the blood flow could make it more difficult to get to sleep. Ideally, you will work out in the morning or afternoon, but not just before bedtime.

Learning to Sleep Again

Fortunately, it is often possible to get your sleep on the right track. You need to examine your own life and figure out what might be causing you not to get enough sleep. Once you determine the cause, it should be easier for you to find ways to remove that block.

In the next section, we will be talking about seven of the best secrets to ensuring you get a good night's sleep.



Start Getting the Sleep that You Need

Now that you know why you need to get more sleep, and some of the things that might be causing you to get less sleep than you need, it's time to fix things. Below, you will find seven tips that can help you get better, more restful sleep through the night.

Secret #1: Get More Bright Light Exposure During the Daytime

Light and your exposure⁵ to it will affect your circadian rhythm, which is your body's "clock" that lets you know when it's time to sleep and when you should be awake. It affects your brain, your body, and your hormones.

You want to get plenty of bright light during the day, and less during the evening to help you get to sleep. If you can't get sunlight exposure during the day, you might want to invest in a lamp that can produce artificial bright light. You could add these to your home or office to ensure you are getting enough light to keep your circadian clock on track.





Secret #2: Reduce Blue Light Exposure At Night

Just as you need to have bright light during the day, you need to reduce the amount of blue light exposure you get at night. Blue light is what comes from screens, such as your computer, tablet, and phone, and it can be terrible for sleep⁶.

This type of light can make your brain think it is daytime, which will make it harder for you to fall asleep. You should make sure you are avoiding those screens for at least a few hours before you go to bed. Read a traditional book or a book on Kindle that lets you block the blue light. This will ensure your brain isn't overstimulated because of the light.

Secret #3: Set a Regular Bedtime and Try to Stick to It

Although you aren't a child, you could still do with having a bedtime. One of the reasons that so many people have trouble going to sleep is that they don't have a set schedule for falling asleep. Even if you have to wake up at the same time for work each day, you might not go to sleep at the same time each night.

This means that your body never truly adjusts and gets used to when you are supposed to go to sleep. When you don't have a bedtime schedule, it's going to cause problems no matter your age.

Fortunately, this is relatively easy to fix. You know that you should be getting around eight hours of sleep per night. Count back that amount of time from when you have to wake up to find the time at which you need to be in bed. Make sure that is your bedtime.

Remember, this is the time you should be asleep, not the time you hop into bed. Get everything else you need to do out of the way beforehand, so you can concentrate on falling asleep.

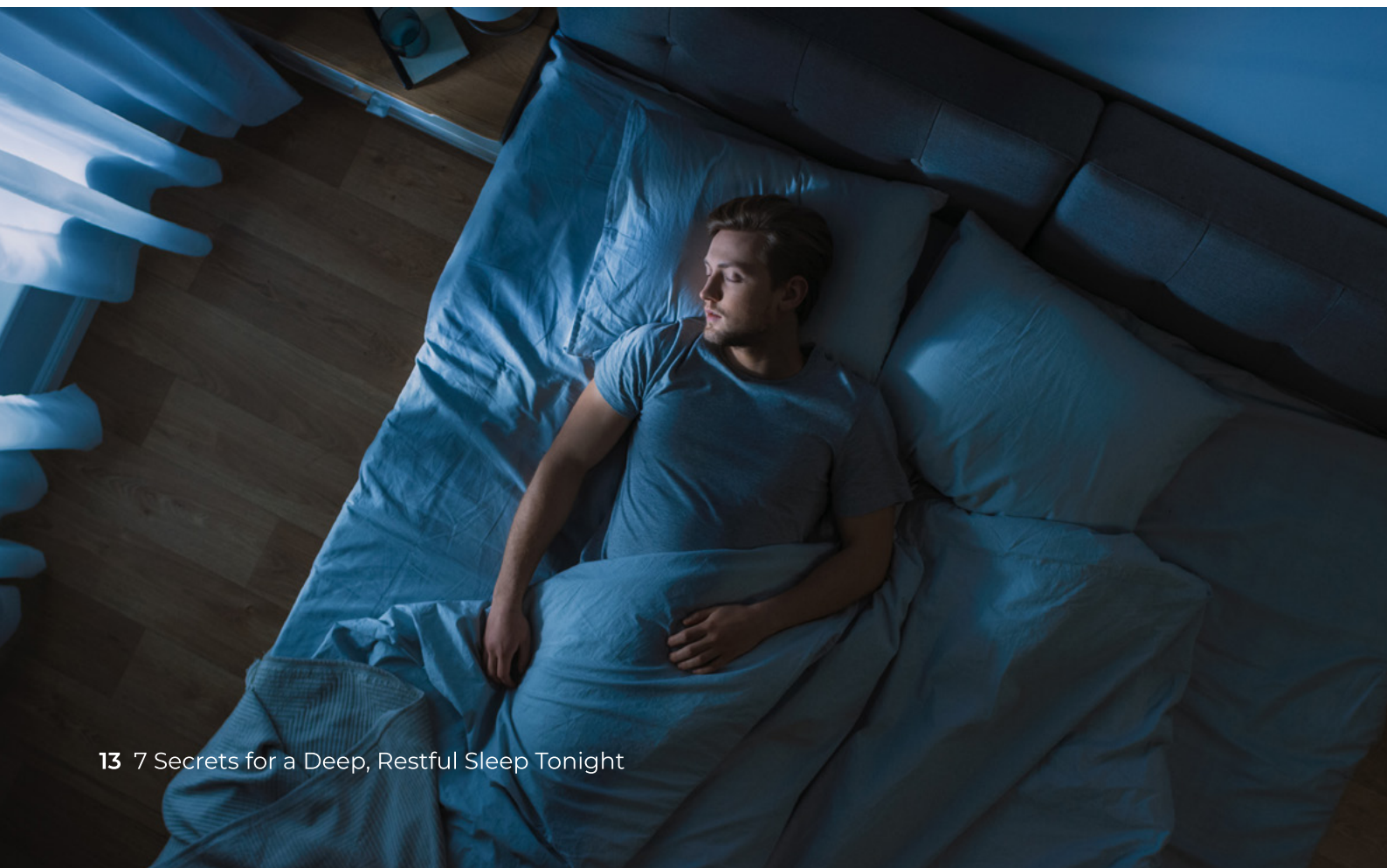


Secret #4: Have a Comfortable Sleeping Environment

If you aren't in a comfortable sleeping environment, you are not going to have much luck when it comes to getting to sleep. If it's too hot, if your bed is uncomfortable, or if there is a lot of noise, it will be next to impossible to get to sleep.

Do your best to make sure the bedroom is ready for sleep. It should be dark, cool, and quiet. Of course, you can have some sounds in the bedroom, which we will discuss in the final secret.

Sometimes, getting your bedroom ready for sleep might mean adding a fan or ensuring the temperature is a few degrees lower than normal. You might want to get a weighted blanket, which helps many people get to sleep faster.



Secret #5: Skip the Caffeine Later in the Day

It's no secret that caffeine energizes you and gets you amped up. After all, this is why so many people rely on caffeine in the morning. They want to get their engines going, so they turn to coffee. In the afternoon, they might have some more coffee or tea, or they might turn to soda or an energy drink.

While you might feel that the energy provided by the caffeine is real, it's false, and it could be what's keeping you awake at night.

Don't worry, we're not telling you that you have to give up your morning coffee or tea. They do have their benefits. However, what you shouldn't do is have caffeine too late in the day. Ideally, you won't have any after 3 p.m. Have water or some other non-caffeinated beverage with dinner and in the evening.

**If you have caffeine too late, you
are going to be lying in bed feeling
jittery and counting sheep for hours...**



Secret #6: Take Melatonin



In addition to the other tips in this book, you might want to consider taking a supplement called melatonin⁷. This is a popular supplement you can find in most grocery stores, drugstores, health food stores, and online. It's been shown to be more effective than placebos when it comes to helping people get to sleep, and it can help with the timing of your circadian rhythm.

The body makes melatonin naturally, but it is not always enough. For example, being exposed to light at night can block melatonin production, for example, so supplements can help.

Secret #7: The Sounds of Sleep

Although having a quiet room is what a lot of people need for sleep, that's not the case with everyone. Some people do better with some sort of noise, and you can get this noise from a host of sources.

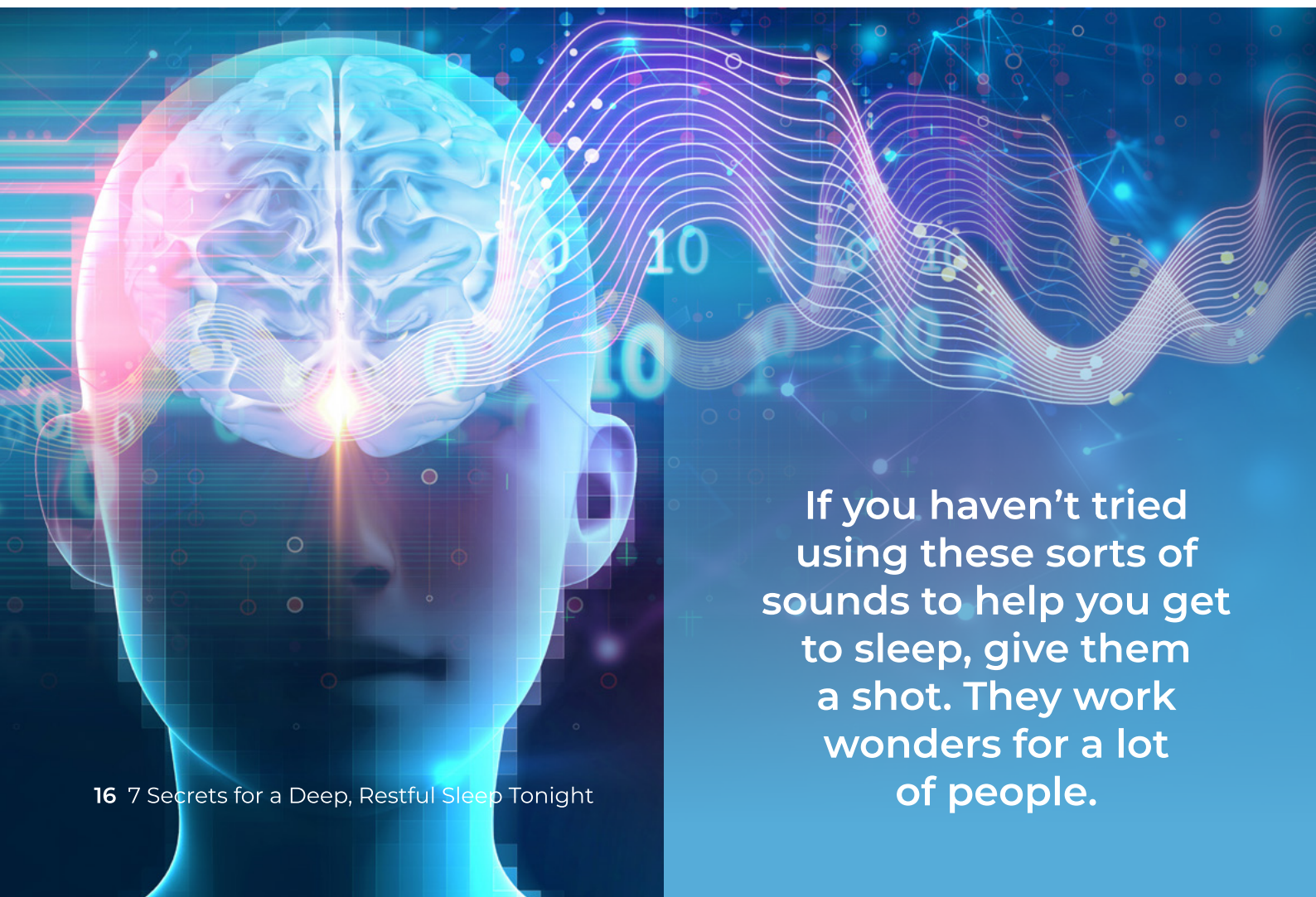
For some, the white noise of a fan might be enough to help you fall asleep. However, you might need something a little more. Fortunately, there are countless options available today.



So Many Sound Options

You can find sounds of nature apps, as well as long YouTube videos with sounds to help you get to sleep. You will find that there are options for rain sounds, waves, babbling brooks, campfires, the sound of rain on a car, the sound of oldie songs coming from a distant room, starship sounds, and more.

You can even find podcasts, apps, and videos where people with pleasant voices read bedtime stories for adults. There truly are sleep sounds for everyone. There are even sleep countdown videos that can help with deep breathing and putting you into a sleepy state.



If you haven't tried using these sorts of sounds to help you get to sleep, give them a shot. They work wonders for a lot of people.

What If You Still Can't Sleep?

These secrets and tips can help most people get to sleep at night and stay asleep. However, that's not the case with everyone.

Sometimes, chronic insomnia and other sleep disorders are not so easily fixed. If you aren't having luck, you should get in touch with your doctor about what you should do.



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