

4 Easy Tips to Help You Achieve a Restful Sleep (安眠：4つのアドバイス)

Author: Janet Martin

Nowadays, people treat sleep as more of a luxury than a necessity. Many are all too willing to give up on sleep for even the most mundane reasons, such as watching a television program, partying with friends, finishing an exciting book and playing a videogame. With the growing financial crisis, a lot of individuals are also willing to sacrifice a restful sleep at night for a higher paying work at night or an extra job to help make ends meet.

However, it is vital for everyone to know that sleep is as essential to optimum health as food and water. A person can get sick physically for chronic lack of sleep. In fact, experts believe that you can die in just a few weeks of not sleeping at all.

If you are one of the many who are having trouble sleeping, you should realize that there are a lot of things you can do to promote better sleep.

In fact, even slight changes in your routine or simply turning off all the lights in your bedroom at night could already aid in making you catch a snooze.

Here are other simple ways in which you can achieve a restful sleep:

1. Go Get Yourself A Massage

Stress is the leading cause of insomnia and other sleep problems. If you are unable to achieve a restful slumber every night, you might want to have a massage to relax your muscles and your mind. Using essential oils, such as lavender and chamomile, can also promote sleep. If you do not have a lot of money to spend, just ask your spouse or partner to knead your back, rub your feet or gently massage your temples.

If he or she is a bit more giving, you can request for a full body massage. But make sure that you do the same for your partner if he or she needs to relax too.

2. Indulge In A Warm Bath

After a taxing day at work or a difficult day taking care of your baby and your home, you can benefit from a warm bath at the end of the day. A couple of minutes in a warm bath could help relax sore muscles. To achieve a sleep inducing ambiance, you can light some scented candles and play soft music so that after you

step out of the bath,
you will be craving for a warm bed to sleep on.

However, do not stay soaked in warm water for too long because you will feel tired and you might lose your vitality, which is not very helpful if you want to sleep restfully. Also, do not leave lighted candles as they might cause fire.

3. De-Clutter Your Room

Your mind will not be inspired to rest if you surround yourself with clutter.

It would be very difficult for your mind to ease and relax if it sees a lot of strewn papers on the floor or books on the bed, dirty laundry scattered everywhere and the entire room in a state of utter mess.

Your subconscious mind will be alert and awake because it knows that there are still a lot of things that has not been properly done.

If you haven't been sleeping well for the entire week, try cleaning your room over the weekend and you will see that this will help you get your much-needed forty winks.

4. Take Some Natural Sleep Supplements

Popping a sleeping pill is not always the right thing to do when you have sleep problems.

For those who are taking other medications, this might even prove to be detrimental.

An alternative to sleeping pills is a natural sleep supplement. Some supplements like Somulin are not meant to correct or cure your sleep problems; but they are created to promote a more satisfying sleep.

To know more about Somulin, just go to <http://www.somulin.com/>.

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About the Author:

Janet Martin is an avid health and fitness enthusiast and published author.

Many of her insightful articles can be found at the premier online news magazine.

<http://www.thearticleinsiders.com>.