

Getting a Good Night's Sleep

A good night's sleep is essential to feeling good, being able to learn and staying healthy. A lack of sleep can make you feel poorly, unable to learn and not want to go out with your friends and family.

If you are struggling to get a good night's sleep, follow these top tips:

- Think about your bedtime routine - what time do you go to bed? If you are going to bed too late, you will not get enough sleep. Try bringing your bedtime forward by 15 minutes at a time.

- Make sure you are really tired before you go to bed - the less time you spend awake in bed, the better.

- Spend at least 15 minutes' quiet time before trying to go to sleep so your body and brain can relax and prepare to sleep.

- Don't use your phone or computer before bed - this can stimulate your brain and make it more awake.

- Try having a lukewarm bath (not too hot or cold) - this can relax your body more.

- Try to go to bed at the same time every day once you have settled on a routine.



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Pocket Idiots Guide To Getting A Good Nights Sleep

David Baud



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provide women with another resource to meet the needs of aging safely when used intelligently *The Pocket Idiot's Guide to Bioidentical Hormones* provides the evidence on what is safe and what is not and presents a wide range of options for supplementing hormones within an easy to answer discussion of Hormone Replacement Therapy in general. Completely objective, the book answers all the questions and coverage includes The case for hormones bioidentical or otherwise The safety issue which hormones work and which may be harmful Bioidentical hormones beneficial effects on the heart bones and brain Creating an individualized health plan which hormones in what combination how much and how often

The Pocket Idiot's Guide to Potions Kerri Connor, 2006-06-27 Make your own magic You're no idiot of course You're a big believer in the power of potions to help your wishes come true But when you try to brew your own special concoctions you're missing that magic touch Don't get all mixed up Pick up *The Pocket Idiot's Guide to Potions* for a potent blend of advice and recipes In this Pocket Idiot's Guide you get Easy ways to harness your magical energy and use it to improve your life An otherworldly overview of the properties of different plants and herbs Practical techniques for making your own oils lotions teas and tinctures Tantalizing tips on using cauldrons censers vials and other tools of the trade

The Complete Idiot's Guide to Getting a Good Night's Sleep Martin C. Moore-Ede, Suzanne LeVert, Scott Campbell, 1998 Explores the various causes of insomnia and different sleep disorders while providing helpful tips on how to overcome common problems such as sleepwalking and narcolepsy

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what are those women talking about Who pays for what Dealing with stress and conflict Blending families with ease The right clothes the right toast Wedding day duties and more

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Enjoying the Track of Appearance: An Psychological Symphony within **Pocket Idiots Guide To Getting A Good Nights Sleep**

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