

23 Simple Secrets to a Perfect Night's Sleep—Every Night

Below are 23 proven strategies for a lifetime of sound, peaceful sleep. Follow these and you will once again sleep like you did when you were a child. I guarantee it.

1. READ LABELS

Caffeine keeps you awake because it is an extremely powerful stimulant. Tea, coffee, chocolate, most sodas and energy drinks are loaded with it. Diet pills and pain relievers also contain caffeine. **Read labels.** Caffeine is a surprise ingredient in many things. Experts suggest you limit caffeine intake to the morning hours and limit your consumption to no more than 300 mg. a day. This will give your body a chance to fully metabolize it before bedtime. A standard home-brewed 8 ounce cup of coffee has about 100 mg of caffeine in it. 8 ounces at Starbucks? About 250mg.

Make sure you know what you are putting into your body. Because ignorance is definitely not bliss... it can keep you awake all night, every night. A study conducted at the Wake Forest School of Medicine concluded that a dose of caffeine equivalent to two or three cups of coffee constricted the blood vessels in the brain and reduced cerebral blood flow by an average of 23% - this would be enough to potentially distort MRI test results! Greater awareness is the first step to better health AND better sleep.

2. LIMIT CIGARETTE SMOKING BEFORE BEDTIME

Everyone knows that smoking is dangerous, yet people still continue to do so. Not only is it deadly, but it also is a major contributing factor to poor quality sleep. Lighting up has two effects – smokers say smoking calms their nerves, but since nicotine is a powerful stimulant, cigarette will also give you that “rush” that will definitely make it more difficult to fall asleep. Smoking raises blood pressure, (another reason to quit) speeds up your heart rate and stimulates the brain into active mode. The result? You wake up more frequently in the middle of the night! If you must smoke, try to smoke your last cigarette far enough ahead of bedtime as you can sleep. Continue this routine until you have your last cigarette approximately four hours before your anticipated bedtime. By doing this, you put less stimulating nicotine into your system at the time when you want to relax, quiet your system and settle in for a good night's sleep. The *worst* thing to do when you can't sleep is to get out of bed and smoke a cigarette. This just puts more nicotine in your system making going back to sleep nearly impossible.

3. KEEP IT DARK

Many people have to have complete darkness in order to sleep. If you're super-sensitive to light, you can put up light-blocking shades or curtains. Almost every major discount home store carries them, and they're relatively inexpensive and easy to put up. Try wearing eyeshades or a “sleep mask.” They're very comfortable to wear and absolutely do the trick to keep your eyes shielded from the light. They cost just a few dollars, and are super easy to find in any discount store, usually in the health and beauty section.

4. AROMATHERAPY

Just like the smell of chocolate chip cookies baking in the oven trigger fond memories of childhood, certain scents and aromas can trigger responses in the body. About twenty minutes before you go to bed, lightly mist some lavender or jasmine bed linen spray on your sheets and under your pillows. To avoid problems with allergies, spray an area far enough away from your face where you won't breathe it in directly. When you do lie down, the scent will be wonderful. An even greater benefit is that lavender and jasmine have naturally relaxing properties, and have long been recognized for their therapeutic value. You can easily make your own spray at home by mixing a cup of distilled water with 8-10 drops of lavender or jasmine oil in a small spray bottle. Shake the contents well before use, and spray in a fine mist. Cold-pressed essential oils are best, cost just a few dollars a bottle, and are easy to find online, at health food stores, and even in some supermarkets in the organic products section.

5. PETS NEED THEIR OWN BED

If you have pets that hog your bed, you know what it's like to wake up cramped and "on the edge." The solution? Get them a bed of their own, and keep it on the bedroom floor. It can be as fancy as you like – or, you can make your own out of an old sleeping bag, a giant pillow or even a cut-down cardboard box fitted with an old blanket. It might take a few days for Rover or Fluffy to get used to their new sleeping arrangements, but pretty soon you will *all* be stretched out and sleeping comfortably AND soundly.

6. BE PROACTIVE WITH HEALTH CARE

Get involved with your health care. Speak with your doctor to see if any of your prescriptions might actually be keeping you awake. Do not be steered into taking sleep medication. Work with your doctor to uncover the possible cause of your sleep problems. There is always a reason for inability to sleep, and it's *hardly ever* a "sleeping pill imbalance!" Sleeping is a NATURAL activity. Drugging yourself to sleep is not. Don't accept "just take this pill before you go to bed" as a solution. Drugs affect dreams and make you groggy during the day, forcing you to take stimulants to stay awake during the day.

7. BEAT JET LAG

If you'll be traveling to a different time zone, gradually adjust your bedtime to reflect the difference in time a few days in advance of your trip. For international flights, try to purchase tickets that schedule departures in the evening. This way you will have a good night's rest and when you arrive in the morning, you will feel refreshed and full of energy.

Remember to drink plenty of water and to avoid alcoholic beverages. You want to have energy – not jet lag AND a hangover. If you normally wear eyeshades, remember to pack them in your carry-on. Many airlines now provide them on their overseas flights.

8. MAKE YOUR BED AND BEDROOM COMFORTABLE AND RESTFUL

Your bedroom should be your place of rest and retreat. Get rid of the mess and clutter in your bedroom. Put it away in its proper place, toss it out, or give it away to charity.

Buy the most comfortable mattress and pillows you can afford. Make sure you rotate and flip your mattress to extend its life and discourage lumps and bumps. Memory foam mattresses and toppers have come down and are as affordable as any other type of mattress. They are effective in their ability to help you get comfortable. They help to cradle all your body's curves and can keep your arms and legs from losing blood circulation. Keep your bedroom at a comfortable temperature – neither too hot, nor too cold. Cooler, however is definitely more conducive to sleep.

9. COMFORTABLE ATTIRE OR NOTHING AT ALL

Always wear comfortable, loose-fitting sleepwear. You should always avoid things that are too tight around your body. Clothes that are too tight can be distracting and irritating. Choose nightclothes that are made from natural fabrics – or nothing at all.

10. RELAX AND LET GO

Train your mind to let go of the stress of the day and the worries about tomorrow. If you lay awake with your mind racing, the initial progressive relaxation session before the active re-patterning statements begin in the Think Right Now [Tranquil Sleep Now program](#) will help you to gradually relax your body and clear your mind as you get ready for a full night's restful and restorative sleep.

Then, while you relax and/or sleep, it re-programs your “all the time” beliefs and attitude patterns concerning sleep. This program will help you sleep soundly all night long and wake up energized and eagerly looking forward to starting your day.

For industrial strength anxiety and stress reduction, use the Think Right Now Accelerated Success Conditioning Programs, [Freedom from Depression Now](#) and [Dissolving Panic & Anxiety Now](#), and they will transform your thought patterns so you can continually be releasing stress from your body throughout your days so it will never build up and become a problem.

11. TURN OFF THE TV

Watching news reports that can aggravate and upset you will not help you sleep any better. Even if it is a program or movie you are enjoying, you will inevitably stay up too late, and as a result, will be tired the next day. Turn off the TV at least ½ hour before you turn in, this will help you relax and you won't be tempted to stay up late watching.

Moving the TV out of the bedroom altogether is also a major good idea if you want to sleep better. Top sex therapists say that it's not a bad idea either. In order to get good sleep regularly, it is important to associate your bed to just two things only: Sex and sleep. Then when you hit the pillow, your body/mind knows exactly what to do.

12. GET AN AIR FILTER

If you suffer from allergies, a big contributing factor to poor sleep is bad air. Sold in almost every discount department store, home air filters are an easy and relatively inexpensive way to help you breathe cleaner air. Try to be more tidy – dusting and regular vacuuming will help as well by reducing pollen, dust mites and pet dander.

13. SLEEPING WELL WHEN YOU TRAVEL

If you have trouble falling asleep in a bed other than your own, make sure you bring something familiar with you - like your own pillow when you travel – even if it's just overnight. It will help you settle down more quickly in an unfamiliar environment. If you wear eyeshades, make sure you pack them as well. Familiarity when you are trying to relax in a strange environment is key! And remember to bring your [Tranquil Sleep Now audio](#) to help you relax and get a great night's rest.

14. DO THIS TO STOP LEG CRAMPS

At some time or another every one will get a leg cramp. They are extremely painful, and if you suffer from them regularly, they make it difficult to get a full night's sleep. Try

loosening the bed covers at the foot of the bed. Drink plenty of water during the day... just not within an hour or two before bedtime. An ounce a day for every two pounds of body weight will go a long way toward eliminating cramps at night... and any other time, for that matter. In addition, eat more potassium-rich foods like bananas, oranges, baked potatoes with the skin, cantaloupe, and yes, spinach.

15. TURN YOUR CLOCK AROUND

Avoid looking at the clock if you wake up in the middle of the night. Obsessing about the fact that you're awake will not help – it will just make you more upset about not being able to sleep. Turn the clock to face the wall, or move it to a different location in the room where you won't see the time even if you look directly at it.

16. PLAN TO EAT EARLY

Make sure you eat early enough in the evening to allow for sufficient digestion before you retire for the night. Follow the principles of proper food combining set out in [Great Taste No Pain](#) and you will free yourself from painful acid reflux, indigestion and other stomach problems while you are trying to sleep. If you have to eat late out of necessity, properly combining your foods and sensibly sized portions of easily digested foods will greatly increase the likelihood that you will get a full night's rest.

17. SLEEP SOUND – SLEEP SAFE

Have peace of mind. Make sure you have properly installed smoke and carbon monoxide detectors in your home – they might save your life! They are inexpensive, easy to set up and you can find them in any discount department store. Make sure you put them in hallways outside your bedroom – especially the smoke detectors. This one step make sure that you'll wake up fast in case of fire AND help you sleep soundly, knowing you are safe.

18. WATCH THE LIQUID INTAKE BEFORE BEDTIME

Avoid drinking excessive amounts of fluids at night. It's impossible to get a good night's sleep if you keep waking up to go the bathroom in the middle of the night. A good rule of thumb is to not drink anything two hours before bed time. If that doesn't work, try two and a half or three hours. If you still find yourself having to empty your bladder at night, you've got a digestive disorder. Many of the most horrible diseases start out as little ole digestive discomfort. If you have stomach pain or worse, 4-5 times per month or more, go to [GreatTasteNoPain.com](#) and order it. You'll be regular in no time flat and a LOT healthier.

19. DO NOT EXERCISE RIGHT BEFORE BEDTIME

Many people believe that exercising close to bedtime will tire them out enough to fall asleep quickly. Unfortunately this is not true. Since exercising increases the metabolism as well as stimulates brain activity, exercise contributes to wakefulness. Instead, plan your workouts to end at least a couple hours before your head is scheduled to hit the pillow.

20. SKIP THE “NIGHT-CAP”

Many people would agree that a nice glass of wine would be just the thing to help you fall asleep. On one level, it seems to make sense, since alcohol is a depressant to the system. Unfortunately, while it might initially help you fall asleep, it can cause dreams and other disturbances. As a result, this can make it much more likely that you will wake up during the night... and stay up, unable to go back to sleep.

21. TAKE A VERY SHORT NAP

Napping can be a great way to boost productivity during the day. Getting 10-15 minutes of quiet time where you can close your eyes will recharge your batteries and help you get on with the challenges of the day. It is important to keep your naps limited to just a few minutes. Many top sleep experts say that 2 or 3 pm is the best time since it is early enough in the afternoon and should not interfere with your normal night's sleep. Remember to set an alarm – this will help you avoid sleeping too long and waking up groggy and lethargic, as well as make sure you don't sleep through anything important.

22. GET ON A SCHEDULE

The human body thrives on routine. So in order to ensure that you become a person who sleeps well and gets all the benefits of adequate sleep, you should get your body into a sleep routine. Get into the habit of getting up at the same time every day seven days a week. Use an alarm clock if necessary. Being consistent with wake-up times can help you get to sleep at the same time every night without problems. Do not stay up late on a weekend night because you know you don't have to go to work. This disrupts the routine, and can leave you much more tired than if you'd gone to bed at your normal time. It is realistic to think you can do this all the time? No. But the better you are at this, the faster and easier you will fall off to sleep on a regular basis.

23. ANTI-INFLAMMATORY SUPPLEMENTS

Inflammation and pain can be a major inhibitor to sleep. While pharmaceutical drugs for inflammation may help you sleep, the side effects can be murder. A whole host of natural vitamins, minerals and herbs have anti-inflammatory properties and are, on average, much safer. The list of highly effective anti-inflammatory supplements include curcumin, fish oil, Wobenzym, and others. Go to your favorite health food store, online or offline, and ask (or search) for "anti-inflammatory". Curcumin has been shown to have no negative effects up to 8,000 mg. Load up on them and you will be one happy, pain-free camper in a hurry.

Ignore these proven methods and nothing will change... in fact, studies show that most people who suffer insomnia are stuck with it forever and the majority of those become dependent on sleeping pills. So ignore these tips at your own peril.

Follow these 23 Power Sleep Tips and you are guaranteed to fall asleep faster, sleep deeper, and wake up refreshed every single night.

Pleasant dreams,

Mike Brescia
President

Think Right Now International
<http://www.thinkrightnow.com/a/tranquil-sleep.asp>