

DOWNLOAD PDF HOW TO SLEEP LIKE A BABY, WAKE UP REFRESHED, AND GET MORE OUT OF LIFE

Chapter 1 : Sleep Calculator - go to sleep and wake up feeling energized and refreshed

On an average, we spend one third of our lives sleeping—and how we sleep can make the difference between feeling tired all of the time and facing each day with a fresh, energetic attitude. This practical guide to healthy sleep by sleep expert Dianne Hales can help you get the rest you need to get the most out of life.

Fall short and it can take a serious toll on your daytime energy, productivity, emotional balance, and even your weight. Yet many of us regularly toss and turn at night, struggling to get the sleep we need. There is a solution. Making simple but important changes to your daytime routine and bedtime habits can have a profound impact on how well you sleep, leaving you feeling mentally sharp, emotionally balanced, and full of energy all day long. Just as how you feel during your waking hours often hinges on how well you sleep at night, so the cure for sleep difficulties can often be found in your daily routine. Unhealthy daytime habits and lifestyle choices can leave you tossing and turning at night and adversely affect your mood, brain and heart health, immune system, creativity, vitality, and weight. But by experimenting with the following tips to find the ones that work best for you, you can enjoy better sleep at night, improve your mental and physical health, and improve how you think and feel during the day. Try to go to sleep and get up at the same time every day. If you need an alarm clock, you may need an earlier bedtime. Avoid sleeping in—even on weekends. If you need to make up for a late night, opt for a daytime nap rather than sleeping in. This allows you to pay off your sleep debt without disturbing your natural sleep-wake rhythm. Be smart about napping. While napping is a good way to make up for lost sleep, if you have trouble falling asleep or staying asleep at night, napping can make things worse. Limit naps to 15 to 20 minutes in the early afternoon. If you get sleepy way before your bedtime, get off the couch and do something mildly stimulating, such as washing the dishes, calling a friend, or getting clothes ready for the next day. If you give in to the drowsiness, you may wake up later in the night and have trouble getting back to sleep. Control your exposure to light Melatonin is a naturally occurring hormone controlled by light exposure that helps regulate your sleep-wake cycle. How to influence your exposure to light During the day: Expose yourself to bright sunlight in the morning. The closer to the time you get up, the better. Have your coffee outside, for example, or eat breakfast by a sunny window. The light on your face will help you wake up Spend more time outside during daylight. Take your work breaks outside in sunlight, exercise outside, or walk your dog during the day instead of at night. Let as much natural light into your home or workspace as possible. Keep curtains and blinds open during the day, and try to move your desk closer to the window. If necessary, use a light therapy box. This simulates sunshine and can be especially useful during short winter days. Avoid bright screens within hours of your bedtime. The blue light emitted by your phone, tablet, computer, or TV is especially disruptive. You can minimize the impact by using devices with smaller screens, turning the brightness down, or using light-altering software such as f. Say no to late-night television. Not only does the light from a TV suppress melatonin, but many programs are stimulating rather than relaxing. Try listening to music or audio books instead. Use heavy curtains or shades to block light from windows, or try a sleep mask. Also consider covering up electronics that emit light. Keep the lights down if you get up during the night. If you need some light to move around safely, try installing a dim nightlight in the hall or bathroom or using a small flashlight. This will make it easier for you to fall back to sleep. Exercise during the day People who exercise regularly sleep better at night and feel less sleepy during the day. Regular exercise also improves the symptoms of insomnia and sleep apnea and increases the amount of time you spend in the deep, restorative stages of sleep. The more vigorously you exercise, the more powerful the sleep benefits. But even light exercise—such as walking for just 10 minutes a day—improves sleep quality. It can take several months of regular activity before you experience the full sleep-promoting effects. For better sleep, time your exercise right Exercise speeds up your metabolism, elevates body temperature, and stimulates hormones such as cortisol. Try to finish moderate to vigorous workouts at least three hours before bedtime. Relaxing, low-impact exercises such as yoga or gentle stretching in the evening

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can help promote sleep. Be smart about what you eat and drink Your daytime eating habits play a role in how well you sleep, especially in the hours before bedtime. Limit caffeine and nicotine. You might be surprised to know that caffeine can cause sleep problems up to ten to twelve hours after drinking it! Similarly, smoking is another stimulant that can disrupt your sleep, especially if you smoke close to bedtime. Avoid big meals at night. Try to make dinnertime earlier in the evening, and avoid heavy, rich foods within two hours of bed. Spicy or acidic foods can cause stomach trouble and heartburn. Avoid alcohol before bed. Avoid drinking too many liquids in the evening. Drinking lots of fluids may result in frequent bathroom trips throughout the night. Cut back on sugary foods and refined carbs. Eating lots of sugar and refined carbs such as white bread, white rice, and pasta during the day can trigger wakefulness at night and pull you out of the deep, restorative stages of sleep. Nighttime snacks help you sleep For some people, a light snack before bed can help promote sleep. For others, eating before bed can lead to indigestion and make sleeping more difficult. If you need a bedtime snack, try: Half a turkey sandwich A small bowl of whole-grain, low-sugar cereal Milk or yogurt A banana

Tip 5: Wind down and clear your head Do you find yourself unable to sleep or waking up night after night? Residual stress, worry, and anger from your day can make it very difficult to sleep well. If anxiety or chronic worrying dominates your thoughts at night, there are steps you can take to learn how to stop worrying and look at life from a more positive perspective. Even counting sheep is more productive than worrying at bedtime. If the stress of work, family, or school is keeping you awake, you may need help with stress management. The more overstimulated your brain becomes during the day, the harder it can be slow down and unwind at night. During the day, many of us overstress our brains by constantly interrupting tasks to check our phones, emails, or social media. Try to set aside specific times for these things, and focus on one task at a time. Relaxation techniques for better sleep Practicing relaxation techniques before bed is a great way to wind down, calm the mind, and prepare for sleep. Accessing the Relaxation Response Deep breathing. Close your eyes and take deep, slow breaths, making each breath even deeper than the last. Starting with your toes, tense all the muscles as tightly as you can, then completely relax. Work your way up to the top of your head. Visualizing a peaceful, restful place. Concentrate on how relaxed this place makes you feel. Read a book or magazine by a soft light Take a warm bath.

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Chapter 2 : 17 Ways to Wake Up Feeling Fresh in the Morning - The Daily Mind

The book, How to Sleep Like a Baby, Wake up Refreshed, and Get More Out of Life [Bulk, Wholesale, Quantity] ISBN# in Paperback by Hales, Dianne R. may be ordered in bulk quantities. Minimum starts at 25 copies.

Research shows that poor sleep has immediate negative effects on your hormones, exercise performance and brain function 1 , 2 , 3 , 4 , 5. It can also cause weight gain and increase disease risk in both adults and children 5 , 6 , 7. In contrast, good sleep can help you eat less, exercise better and be healthier 2 , 8 , 9 , Over the past few decades, both sleep quality and quantity has declined. In fact, many people regularly get poor sleep 11 , Here are 17 evidence-based tips to sleep better at night. Natural sunlight or bright light during the day helps keep your circadian rhythm healthy. This improves daytime energy , as well as nighttime sleep quality and duration 16 , 17 , In people with insomnia, daytime bright light exposure improved sleep quality and duration. While most research is in people with severe sleep issues, daily light exposure will most likely help you even if you experience average sleep. Try getting daily sunlight exposure or “ if this is not practical “ invest in an artificial bright-light device or bulbs. Summary Daily sunlight or artificial bright light can improve sleep quality and duration, especially if you have severe sleep issues or insomnia. Reduce Blue Light Exposure in the Evening Exposure to light during the day is beneficial, but nighttime light exposure has the opposite effect 21 , Again, this is due to its impact on your circadian rhythm, tricking your brain into thinking it is still daytime. This reduces hormones like melatonin, which help you relax and get deep sleep 23 , Blue light “ which electronic devices like smartphones and computers emit in large amounts “ is the worst in this regard. There are several popular methods you can use to reduce nighttime blue light exposure. Wear glasses that block blue light 24 , Download an app such as f. Install an app that blocks blue light on your smartphone. These are available for both iPhones and Android models. Stop watching TV and turn off any bright lights two hours before heading to bed. There are several ways you can reduce blue light exposure in the evening. A single dose can enhance focus, energy and sports performance 31 , 32 , However, when consumed late in the day, coffee stimulates your nervous system and may stop your body from naturally relaxing at night. In one study, consuming caffeine up to six hours before bed significantly worsened sleep quality Caffeine can stay elevated in your blood for 6 “ 8 hours. Therefore, drinking large amounts of coffee after 3 “ 4 p. If you do crave a cup of coffee in the late afternoon or evening, stick with decaffeinated coffee. Summary Caffeine can significantly worsen sleep quality, especially if you drink large amounts in the late afternoon or evening. Reduce Irregular or Long Daytime Naps While short power naps are beneficial, long or irregular napping during the day can negatively affect your sleep. Sleeping in the daytime can confuse your internal clock, meaning that you may struggle to sleep at night 36 , In fact, in one study, participants ended up being sleepier during the day after taking daytime naps Another study noted that while napping for 30 minutes or less can enhance daytime brain function, longer naps can negatively affect health and sleep quality However, some studies demonstrate that those who are used to taking regular daytime naps do not experience poor sleep quality or disrupted sleep at night. The effects of napping depend on the individual 39 , 40 , Summary Long daytime naps may impair sleep quality. If you have trouble sleeping at night, stop napping or shorten your naps. Being consistent with your sleep and waking times can aid long-term sleep quality One study noted that participants who had irregular sleeping patterns and went to bed late on the weekends reported poor sleep Other studies have highlighted that irregular sleep patterns can alter your circadian rhythm and levels of melatonin, which signal your brain to sleep 43 , 44 , If you struggle with sleep, try to get in the habit of waking up and going to bed at similar times. After several weeks, you may not even need an alarm. If possible, try to wake up naturally at a similar time every day. Melatonin supplements are an extremely popular sleep aid. Often used to treat insomnia, melatonin may be one of the easiest ways to fall asleep faster 47 , In one study, 2 mg of melatonin before bed improved sleep quality and energy the next day and helped people fall asleep faster. Additionally, no withdrawal effects were reported in either of the above

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studies. In some countries, you need a prescription for melatonin. In others, melatonin is widely available in stores or online. Take around 1–5 mg 30–60 minutes before bed. Start with a low dose to assess your tolerance, and then increase it slowly as needed. Since melatonin may alter brain chemistry, it is advised that you check with a medical professional before use. Summary A melatonin supplement is an easy way to improve sleep quality and fall asleep faster. Take 1–5 mg around 30–60 minutes before heading to bed. Consider These Other Supplements Several supplements can induce relaxation and help you sleep, including:

- A natural herb with many benefits, it may aid in sleep, relaxation and stress reduction, but the evidence is limited. Take mg 30–60 minutes before bed
- A few studies show that 3 grams of the amino acid glycine can improve sleep quality 52 , 53 , Several studies suggest that valerian can help you fall asleep and improve sleep quality. Take mg before bed 55 , 56 , Responsible for over reactions within your body, magnesium can improve relaxation and enhance sleep quality 58 , 59 , An amino acid, l-theanine can improve relaxation and sleep. Take 1–2 mg before bed 61 , A powerful herb with many health benefits, lavender can induce a calming and sedentary effect to improve sleep. Make sure to only try these supplements one at a time. While they are no magic bullet for sleep issues, they can be useful when combined with other natural sleeping strategies. Summary Several supplements, including lavender and magnesium, can help with relaxation and sleep quality when combined with other strategies. Alcohol is known to cause or increase the symptoms of sleep apnea, snoring and disrupted sleep patterns 70 , Another study found that alcohol consumption at night decreased the natural nighttime elevations in human growth hormone HGH , which plays a role in your circadian rhythm and has many other key functions Summary Avoid alcohol before bed, as it can reduce nighttime melatonin production and lead to disrupted sleep patterns. These factors include temperature, noise, external lights and furniture arrangement Numerous studies point out that external noise, often from traffic, can cause poor sleep and long-term health issues 78 , 79 , To optimize your bedroom environment, try to minimize external noise, light and artificial lights from devices like alarm clocks. Make sure your bedroom is a quiet, relaxing, clean and enjoyable place. Summary Optimize your bedroom environment by eliminating external light and noise to get better sleep. Set Your Bedroom Temperature Body and bedroom temperature can also profoundly impact sleep quality. One study found that bedroom temperature affected sleep quality more than external noise Other studies reveal that increased body and bedroom temperature can decrease sleep quality and increase wakefulness 82 , 83 , 84 , 85 , 86 , Summary Test different temperatures to find out which is most comfortable for you. Late-night eating may negatively impact both sleep quality and the natural release of HGH and melatonin 88 , 89 , 90 , 91 , That said, the quality and type of your late-night snack may play a role as well. In one study, a high-carb meal eaten four hours before bed helped people fall asleep faster Interestingly, one study discovered that a low-carb diet also improved sleep, indicating that carbs are not always necessary 92 especially if you are used to a low-carb diet Summary Consuming a large meal before bed can lead to poor sleep and hormone disruption. However, certain meals and snacks a few hours before bed may help. Relaxation techniques before bed have been shown to improve sleep quality and are another common technique used to treat insomnia 95 , 96 , In one study, a relaxing massage improved sleep quality in people who were ill Strategies include listening to relaxing music, reading a book, taking a hot bath, meditating , deep breathing and visualization. Try out different methods and find what works best for you. Summary Relaxation techniques before bed, including hot baths and meditation, may help you fall asleep. Take a Relaxing Bath or Shower A relaxing bath or shower is another popular way to sleep better. Studies indicate that they can improve overall sleep quality and help people 97 especially older adults 98 fall asleep faster 99 , , , In one study, a hot bath 90 minutes before bed improved sleep quality and helped people get more deep sleep Summary A warm bath, shower or foot bath before bed can help you relax and improve your sleep quality. Rule Out a Sleep Disorder An underlying health condition may be the cause of your sleep problems. One common issue is sleep apnea, which causes inconsistent and interrupted breathing. People with this disorder stop breathing repeatedly while sleeping , This condition may be more common than you think.

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Chapter 3 : How to Sleep Better: Simple Steps to Getting a Good Night's Sleep

How to Sleep Like a Baby, Wake Up Refreshed, and Get More Out of Life - Kindle edition by Dianne Hales. Download it once and read it on your Kindle device, PC, phones or tablets. Use features like bookmarks, note taking and highlighting while reading How to Sleep Like a Baby, Wake Up Refreshed, and Get More Out of Life.

We can exercise, study, work, meditate, etc. However, most of us feel pretty crap in the morning. So what can we do about it? How can we wake up ready for work? Ways to wake up feeling fresh in the morning Here are some things you can do in the short term and the long term so that you will wake up fresh and energetic in the morning.

The Night Before

1. Avoid coffee, red wine and chocolate the night before To wake up fresh you need to get a good sleep and one of the best ways to ruin a good sleep is to upset your gut. You really need to keep it happy during the night. Coffee, red wine and chocolate have been scientifically shown to disturb your sleep more than any other food. Try not to have these things after lunch time. Go to bed happy with your partner One of the best ways to get a terrible sleep is to go to bed before you solve a problem with your partner. In my relationship I never let the sun set on an argument, even if I have to compromise a little bit on my own ego. Before you go to bed make sure your partner is happy as much as you can and make sure that you are happy with them. It is also one of the best things you can do for your relationship, let alone your sleep. Meditate, pray and calm down before going to bed Every night before I go to bed I do about 30 minutes to an hour of meditation. This is amazing as it allows you to throw out all the days worries and forget about the worries of tomorrow. The future cannot be changed while you are asleep and the past is gone so there is no point losing sleep over it! Meditate or pray or do whatever you do. Simply sitting there and watching your breath is a great way to prepare yourself for a nice deep sleep. Check out this post if you want to learn to do a quick little stress relieving meditation. This is a bad idea. The process of digestion takes a while and you do not want to be laying down right after you ate a big meal. Try and leave a few hours in between your bedtime and your dinner and see how you feel the next day. In particular the placement of your bed is important. Feng Shui tells us that you should sleep where you can see the door but not be in the direct path of the door opening. This helps us sleep with a sense of security. I can see the practical reason for this. You can get some more bedroom Feng Shui tips here.
2. Go to the toilet Even if you do not need to go to the toilet before bed you should still have a go and squeeze out whatever you can. The reason for this is that the kidneys will continue to work during the night and by the morning your bladder will be nice and full. If your bladder fills up early you might feel the need to go during the night and this cuts out valuable time from your sleep. You might think that sleeping is about the total time spent asleep but this is incorrect. A toilet break interrupts this zone. During the Night
3. 7. Not too hot, not too cold Another sleep related tip: It is important to get a good balance as this keeps your energies calm and stops them from spiking. Try and find a balance between clothes and bed covers. For example, I like to sleep without any clothes but with a heavy blanket. This keeps my temperature pretty consistent. Keep the window open One of the best things you can do for your health in general and your sleep in specific is to keep your window slightly open during the night. This has two benefits. The reason the human body breathes out is because carbon dioxide is poisonous. And during the night you take a heck of a lot of breaths and your room fills up with this gas. Let it out the window. The second reason is that you need to allow new oxygen to float in. This might also help you regulate the temperature of the room. It is more important to go to bed at the same time and wake up at the same time everyday. Not everyone needs eight hours. In fact, if I get eight hours sleep I usually feel tired and groggy for the entire day. Six to seven hours is about right for me. Start by setting your bedtime at the same time each night. Forget what is on the television and just go to bed at say 11pm each night. After a while start setting your alarm for the same time each day; even on weekends. I recently read in New Scientist Magazine that your life is actually being shortened by noise during the night. The magazine said that the noise has an effect on your heart and waking up many times during the night puts your body under a lot of stress. Try and keep your room quiet by wearing some earplugs.

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You can get earplugs that only cancel out certain sounds so that you can still hear your alarm or a baby monitor on your bedside table. Drink a glass of water A cool glass of water on an empty stomach actually has a lot of health benefits as well as serving to wake you up. The water will kick start your metabolism and as such you will wake up faster and feel more alert. Exercise When you are groggy in the morning and nice run in the fresh air can wake you up fast. However, the interesting thing is that when you exercise in the morning you will actually have more energy the NEXT day. The more you exercise the more energy you will have as you become fitter and healthier. If you need some tips to get up and exercise early check out this post on early morning exercise hacks. Exercise first thing in the morning is a great way to wake yourself up This means that your daily cup of coffee is waking you up less and less every day that you drink it. How to Wake Up and Keep Going: Have the Right Early Morning Drink A better idea is to save the morning coffee for when you are really tired and need a little bit of help. Perhaps if you had to stay out late or get up extra early and you have disturbed your regular sleeping habit. This is the time to have a cup of coffee. Breathe deeply The first thing you should do in the morning is take some deep breaths into your stomach and concentrate on waking up. Imagine breathing in a bright white light that makes your body feel happy and light. Have something to be excited about If you get up and go to a job you hate to work with a boss that drives you crazy you are not going to really enjoy waking up. However, if you have something you enjoy to go to you will be more likely to wake up happy knowing you have a bit of joy coming your way. Start your day with something happy and fun as opposed to starting it with work. Get up straight away When I was in the Himalayas a buddhist master told me that one of the best things you can do to wake up early and feel alert and fresh is to get up straight away. As soon as your alarm goes off you should get up without snoozing it over and over again. He said to me half jokingly: That way, when you wake up you will be especially grateful for the day you have ahead of you. Because you could die tonight. When applied correctly this realization will bring you tremendous energy. Conclusion on waking up freshly Each of these tips works. I have tried it on myself and my friends. And the great thing is that the more of these tips you apply the fresher you will feel when you wake up. Do you have any other to add?

Chapter 4 : Best time to go to sleep if you need to wake up feeling refreshed at 7am - Mirror Online

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