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by. Paul McKenna,
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relaxation, also known
as deep muscle
relaxation, helps you ...

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How to Fall Asleep Fast in 10, 60, or 120 Seconds

Lower the temperature. Your body temperature changes as you fall asleep. Your body cools down when you lie down and warms up when you get up (2, 3). If your room is too warm, you might have a ...

20 Simple Ways to

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Fall Asleep Fast: Exercise, Supplements ...

The stimulating effects of nicotine and caffeine take hours to wear off and can wreak havoc on quality sleep. And even though alcohol might make you feel sleepy, it can disrupt sleep later in the night.

3. Create a restful environment. Create a room that's ideal for sleeping. Often, this means cool, dark and

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quiet.

Overcome
**Sleep tips: 6 steps
to better sleep -
Mayo Clinic**

Get adequate sleep: A good night's sleep makes you able to tackle the day's stress more easily. When you are tired, you are less patient and more easily agitated, which can increase stress.

**Sleep Deprivation
and Stress: How**

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Stress Affects Sleep Continued.

Obesity. Sleeping too much or too little could make you weigh too much, as well. One recent study showed that people who slept for nine or 10 hours every night were 21% more likely to ...

Oversleeping Side Effects: Is Too Much Sleep Harmful?

You know lack of sleep can make you grumpy

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and foggy. You may not know what it can do to your sex life, memory, health, looks, and ability to lose weight. Here are 10 surprising -- and serious ...

10 Surprising Effects of Lack of Sleep - WebMD

You expect to feel tired if you take a sleeping pill, but other kinds of medications can cause fatigue, too. It's one of

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the most common side effects of prescription and over-the-counter medicines.

Medications That Can Cause Fatigue & Drowsiness

Daily sunlight or artificial bright light can improve sleep quality and duration, especially if you have severe sleep issues or insomnia. 2. Reduce blue light exposure in the evening. Exposure

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Overcome **17 Proven Tips to Sleep Better at Night - Healthline**

Lack of sleep can also affect how fast you recover if you do get sick. During sleep, your immune system releases proteins called cytokines, some of which help promote sleep. Certain cytokines need to increase when you have an infection or

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inflammation, or when you're under stress.

Lack of sleep: Can it make you sick? -

Mayo Clinic

Alcohol can make you sleepy, but it actually makes your quality of sleep worse. Herbal tea or warm milk are better substitutes.

Exercise is good for your body, but doing it right before you go to

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You Sleep Insomnia Forever And Get The Best Rest Of Your Life Paul Mckenna

Oversleeping: Causes, Health Risks, and More

Sure, you don't want to dig in to a pint of ice cream or polish off a juicy steak before bed, but many experts claim that eating certain fruits before hitting the hay could help you sleep better.

5 fruits that can help you eat your way to sleep - ajc

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Sleep and Insomnia Apps & Audiobooks | Paul McKenna

If you have insomnia you might want to try this book/CD - you might find it helps you, too. I've had this book and CD since the spring of 2015. I was looking for CD's to play to help me go to sleep, and this appeared in my Amazon search results.

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