

Keys to Avoid and Cure Insomnia

Establish sleep routines.

try to wake up and go to bed around the same time, as having very different times every day can cause sleeping problems.



Eat foods with tryptophans, a component that promotes sleep.

Dairy, chicken, seeds, egg whites, oily fish, nuts or avocado.

Don't spend too much time in bed.

Try to work and study in a place other than your room. Go to bed only when you are sleepy.

Create a suitable environment for sleeping.

it is very important to have a space that invites relaxation and comfort. Make sure it is dark and quiet.



Practice mindfulness.

Insomnia can be related to stress. There are special meditations for sleep.

Avoid doing cardio exercises at night.

Even if it makes you tired, exercise can stimulate you and make it hard to fall asleep.



Avoid screens.

If you're already having trouble sleeping, it's best to stop using your electronics about two hours before you go to bed. Also, try to wear glasses with a blue light filter.



Consult a psychologist.

Therapy can help solve situations of anxiety or other types of emotional discomfort that trigger insomnia.



The Power Of A Sleep Tips To Avoid Insomnia

Joacim Rocklöv



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