

4 Sleep Hacks for Better Sleep

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It seems like children and young adults might never have problems sleeping. And, inadequate sleep has a significant impact on attention, memory, and behavior. How to get a good night's sleep?

1. Ditch the Alarm Clock

Many people have a smartphone with an alarm clock built into it. Have you ever thought that why you still also keep an alarm clock next to your bed? Generally, you had better stop doing this, because having a clock next to your bed with a light-up display just results in a lot of unnecessary added stress throughout the night. You wake up every time and look over at the clock. Then, you will go back to sleep if you have little time. Generally, this not only will cause you to lose more sleep and but also stresses you. To avoid being interrupted with buzzing texts or emails during sleep, you can ditch the alarm clock, and then use the alarm function on your phone. When your phone is turned to silent mode, it will still work.

2. Don't Sleep-In on Weekends

Like it or not, you had better comply with the rule. Your body's circadian rhythm will be severely disrupted if you sleep later on weekends than you do during the week. Circadian rhythm is your body's built-in 24-hour clock. It will tell your brain when you should be turning in for the night and when to wake up in the morning. You are just setting yourself up for an extra difficult Monday morning wake up through a weekend jarring of the established cycle.

3. Disconnect from daytime lives

Many people cannot disconnect from their "wired" lives before bedtime, thus they have sleep problems. They may constantly view their Facebook or check their emails. Shut down all electronic devices one hour before going to bed. Doing this, you don't will be exposed to blue light that's typically emitted from devices like smartphones, tablets, laptops, and televisions. And, doing this helps

you put your brain at ease after a long day of stressful events at work and emotional interactions with family/friends.

4. Keep Naps in Check

When our biological fuel tanks are bone dry, a mid-afternoon nap can be crucial from time to time. But, any nap over a half hour will just make it even harder to wake up. Longer naps will throw your body's natural clock off of rhythm.
