4 Sleep Problems & Hi-Tech Solutions

https://www.pandasilk.com/

You don't sleep well at night. There are many reasons for poor sleep. How to solve the sleeping problems?

1. Too Much Noise

Noise will cause pressure, affect sleep. There is a lot of noise, including snoring, outside street sounds, and loud disturbances. Hush earplugs are wireless and connect directly to your smartphone. You can set them to play different sounds and music until you go to sleep. Or, you can wear them to simply shield you from the surrounding sounds. These plugs can be set to play an alarm in the morning, waking you up without disturbing your sleeping partner. You can use a wireless tracking feature to quickly find your earplugs if you happen to lose them in your home.

2. Lack of Natural Sunlight

Shift-workers, elderly people who stay indoors, and those who live in areas without consistent weather have trouble sleeping because they experience a lack of natural sunlight. Lacking of natural sunlight will lead to sleep disturbances and an improperly functioning circadian rhythm. The Philips with a UV-free light bulb wake-up light simulates the rising dawn sun. Before your alarm goes off, the light slowly grows brighter over the course of 30 minutes. It can help you better transition into your day. It is a lot less harsh than other alarms. If you are experiencing jet lag, this wake-up light may also help you adjust to your normal schedule.

3. Insomnia

For many people, insomnia will make people grumpy, aggressive, memory loss, and inability to concentrate. Some of them find they can use white noise to soothe them and slip into a deep sleep.

4. Interrupted Sleep

Interrupted sleep can stem from restless leg syndrome, sleep apnea and other disorders. It can lead to fatigue and unfulfilling sleep. Wrap a sleep tracker around your mattress. Place it under the organic cotton sheets, a fitted sheet or a flat sheet. This sleep tracker measures your heart rate as well as breathing patterns. And, if you are moving a lot in your sleep, it can help you accurately gauge. More important, it will tack your sleep efficiency, awakeness and different movements while you sleep. It can help to create a sleep chart to determine why and when you're waking up during the night.