

15 great tips to help defeat insomnia and easily wake up in the morning

Follow these 15 great tips below if you want to defeat insomnia and easily wake up every morning!

1. 3 "miraculous" ingredients make your tree live again
2. 7 effective tips for having an ideal flight may not be known
3. 9 good tips to help you get rid of oily hair

Have you ever had a bad situation: all day you just want to go home and roll on your bed for a nap, but when you put your back on the bed, sleepiness also disappears? If the answer is yes, you are not alone. Continuous stress is the reason why thousands of people suffer from sleep disorders every day.

However, don't worry too much. Follow these 15 great tips, which not only help you **defeat insomnia** but also make it **easier to wake up every morning**. Invite you to consult!

1. Make sure you get enough sleep



- © Pexels
2. Give up coffee



© Pexels

3. Breathe in fresh air



© Pexels

4. Drink something warm before sleeping



© Pexels

5. Use pillows properly while sleeping



© Depositphotos

6. Do not sleep with pets



© Pexels

7. Place a garlic branch under the pillow



© BrightSide

8. Turn off electronic devices (phones)



Turn off your gadgets

© Depositphotos

9. Place lavender around the house



**Keep lavender around
the house**

© Pexels

10. Look through your medicine cabinet



© Pexels

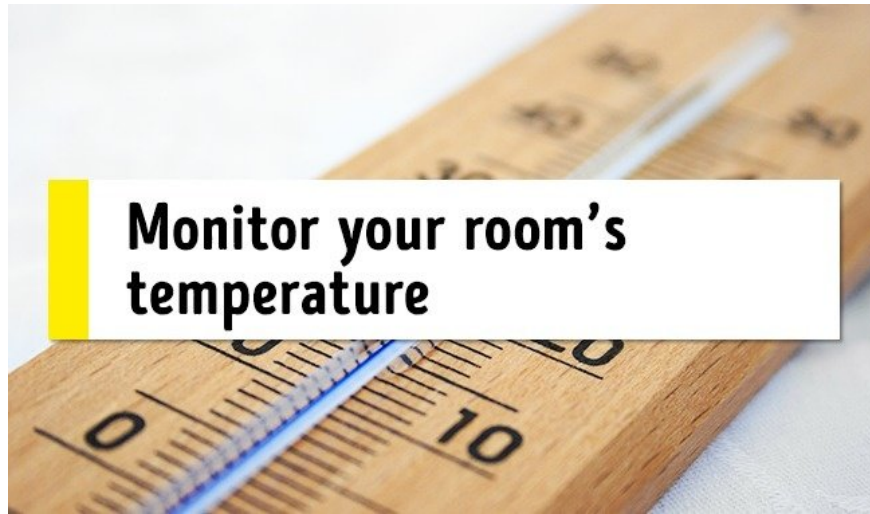
11. Don't turn over in bed



© Pexels

See also: [7 scientific tips that help goodbye wrinkles effectively](#)

12. Check the bedroom temperature



© Pixabay

13. Use the bedroom for the right purpose (place to sleep)



© Pexels

14. Rest during the day



© Pexels

15. Don't forget to add magnesium



© Pixabay

See also: 3 simple ways to remove moldy smell for towels, towels

Having fun!

You finished reading the article "**15 great tips to help defeat insomnia and easily wake up in the morning**" edited by the [TipsMake](#) team. We hope this article has provided you with many useful tech tips and tricks. You can search for similar articles on tips and guides. Thank you for reading and for following us regularly.