

# Can't sleep what to do? 23 ways to help you sleep early 100% success

Having trouble going to sleep? Are you tossing and turning in the middle of the night looking for ways to help you fall asleep more easily? Don't worry, the article provides 23 ways to help you sleep early successfully.

Staying up late and having trouble sleeping is a common condition today that greatly affects health and life. However, for many people, going to bed early is not an easy task. If you are tossing and turning in the middle of the night looking online for ways to sleep early, then read this article to the end.

## 1. Benefits of going to bed early

As life gets busier and full of entertainment, it becomes more and more difficult to form the habit of sleeping early. However, if you know the benefits of going to bed early, you may have to think again. Here are a few benefits of going to bed early.

1. The brain is restored and works more efficiently.
2. Maintain shape.
3. Increased longevity.
4. Cell regeneration, repair internal damage.
5. Boosting immunity repels disease.
6. The risk of disease is lower with early sleep.
7. Easily maintain a healthy weight.
8. Reduce stress, psychological instability.
9. Work more productively.
10. Get enough sleep for beautiful skin.
11. Control anger.
12. Deep sleep helps to produce more happy cells.

## 2. What is the harm of staying up late?

### Reduced learning and working performance

We cannot work 24 hours a day like a robot without taking a break. As for the brain, which has to receive and process thousands of information every day, rest is a necessary condition to rearrange all information. However, when we are awake, the brain must continue to function. be active during that time and as a result, your brain is overstressed, reducing concentration and increasing feelings of fatigue.

### Health effect

Sleep time is the time for the body to rest, relax, regenerate energy and repair damage. Muscle aches, possibly occasional cramps. Eating and drinking can also be affected, because the central nervous system is sluggish, the taste nerve is also stagnant, leading to poor appetite. If you stay up late at night, it will disturb your normal circulatory system. metabolism and nervous system, will make the skin dry, reduce elasticity, darken and not smooth, .

Staying up late or sleeping less can lead to the risk of weight gain in a negative direction, can cause other effects such as the risk of diabetes, high blood pressure. Besides, staying up late for a long time leads to The risk of cancer is higher than those who don't stay up late.

### **3. Can't sleep what to do?**

At the time when you are looking for answers by browsing the Websites, this is the answer at that moment.

#### **Stop trying**

Sometimes you feel overwhelmed and constantly look for ways to help you fall asleep right away. It is that pressure that makes you fall into a vicious circle. Relax your mind. If you really can't sleep, wake up and spend some time working, for example. At least that saves you more time during the day and reduces your stress.

#### **Stop judging**

The inability to go to bed early can be caused by many factors. Don't blame or judge anything.

#### **Meditate**

Meditation is very helpful because it calms the nerves and balances the sympathetic nervous system. Meditation will eliminate most stressful thoughts and this will help you fall asleep faster

#### **Read a book**

According to a new study by neuroscientist David Lewis at the University of Sussex, picking up a favorite book and reading a few pages before bed will help you get better quality sleep. More than just getting a nap, reading a book before bed will reduce about 68% of the stress that is building up in your body.

#### **Write down your worries**

Anxiety often comes up when you have trouble sleeping. The saddest thing is that right now it is very difficult for you to find someone to talk to. Try to be friends with pen and paper.

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Try to be friends with pen and paper instead of your phone

#### **Hot shower**

This habit can be applied to everyone regardless of age, just be careful not to wash your hair when showering late. Because it will take you at least 30 minutes for your hair to dry. A warm bath will help you reduce stress, feel more refreshed, and help you fall asleep faster.

You can add your favorite essential oils to your bath

### **Visualize a relaxing scene**

The mind is always at ease when you are in the most comfortable space. Chawrng had to go to the house of the scientist Albert Einstein once said: 'Imagination will take you anywhere'

Try to close your eyes and let your imagination take you everywhere

### **Choose the right sleeping position**

Every sleeping position, from lying on your back, on your side or on your stomach, affects the quality of your sleep as well as your health. Improper sleep also directly affects the body the next day, gradually causing brain disorders.

The right sleeping position affects not only the quality of your sleep, but your health as well

### **Wear loose, comfortable clothes before going to bed**

Tight sleepwear will make us feel constricted, frustrated and uncomfortable when turning around during sleep. This makes it easier for us to have nightmares while sleeping. Besides, a tight suit when sleeping will not be conducive to sweat excretion and body temperature regulation, but also affects blood circulation.

## **4. How to go to bed early**

In addition to the immediate application of insomnia, regular exercise is also important. Here are the long-term ways to apply:

### **Exit the devices**

The habit of checking your phone, surfing the web is one of the very bad things that directly affects your staying up late. Not to mention the fact that you are so "swept" with the status lines on social networks that you can't put your phone down, it is the light from the phone that makes your brain more stressed. About 30 minutes before going to sleep – 1 hour, make sure you put down your phone, focus on yourself and get ready for sleep.

### **Make a habit**

The human body and brain can form habits in as little as 28 days. Set a specific time to 'force' your body to sleep. After this time, just arrive at that time, sleep will find you.

### **Keep the temperature constant**

The temperature in the bedroom should be set cooler than you would normally feel comfortable. A slightly lower temperature will help you fall asleep easier. However, do not let the room temperature get too cold. Also, make sure your body temperature is in the normal range before going to sleep.

### **Turn on the dim lights early**

Regarding the light, if you want the room to be completely dark, you should turn off all light-emitting sources in the bedroom. If you love dim light, you can turn down the night light or wear an eye patch. Absolutely do not leave the lights on when sleeping because it can make it difficult for you to fall asleep and disrupt sleep.

Dim light can make sleep come on faster nhanh

### **Don't eat too late**

Our bodies need a certain amount of time to digest food, and this process is most effective when we sit down to rest after eating. So the feeling of fullness will appear when you lie down right after eating, which will make it really difficult for us to sleep. Try to arrange to have dinner about 3 hours before going to bed, this will help the process of food digestion does not affect your sleep.

Dinner should be finished early so that the stomach is no longer working when it is time to rest

### **Do exercise**

Exercising regularly and properly can help insomniacs improve their condition and improve sleep quality. Some people who are in poor health or have some problems can't exercise regularly can also apply light exercise.

### **Do not nap during the day or nap for more than 30 minutes**

When you have had a hard working morning, a nap is an irresistible attraction. However, this will also make it difficult for you to sleep at night because it partly affects the body's circadian rhythm. If it is really necessary to have a nap, it is best to take a nap for about 20 minutes so as not to affect the main sleep in the evening.

### **Should sleep in the golden hour 21:00 - 22:00**

Establishing a golden hour routine is essential. Because this helps the brain get used to the daily schedule. From there, the body can maintain sleep and wake up at the same time. The ideal time frame for a good night's sleep is from 10pm to 6am the next day. Establish a sleep routine to ensure quality sleep and good health.

### **Do not drink alcohol or stimulants before sleeping**

If you are looking to sleep early, sleep well, you should not drink stimulants after 3pm. Because these substances take from 6 to 8 hours to be eliminated from the body. Instead of drinking caffeine, you should replace coffee with herbal tea to help you sleep. These herbal teas both have a mild aroma, are easy to drink, and have a sedative effect and sleep well. In addition to caffeine, you should not drink too much alcohol. Because if you abuse and drink too much, it is easy to wake up in the middle of the night, making sleep quality poor, not sleeping deeply. Therefore, limit stimulants and alcoholic drinks to have a good night's sleep and deep sleep.

## **Do not eat too much in the evening**

A very effective way to sleep early is to not eat too full and greasy food in the evening. Because when you eat full, eating a lot of food stimulates the stomach to secrete more acid. Causing acid reflux, you risk discomfort and difficulty falling asleep. Note more, should only go to bed 3-4 hours after dinner to avoid acid reflux.

## **Take a bath or soak your feet in warm water**

Bathing or soaking your feet in warm water is also an easy way to help you fall asleep earlier. In addition to helping you fall asleep, a warm bath has many great health benefits. The heat from warm water will stimulate blood circulation, helping blood circulation better. Taking a warm bath will also help to relax the body and mind. Especially when you combine a few drops of essential oils in a warm bath.

## **Relax your mind before sleeping**

Many people work stress, life pressure can make staying up late and having trouble sleeping. At times like these, relaxing your mind is the best way to get a good night's sleep. You can try reading your favorite book or listening to soothing music.

## **Using supplements to improve sleep quality**

Maybe your body is lacking nutrients. Please consult with experts to supplement the body.

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## **5. When to seek help from a doctor?**

If insomnia has persisted for too long, it is so frequent that you can't do your daily activities because of insomnia. This is when you need to see your doctor to determine the cause and get the right treatment.

## **6. Apps that help you sleep better**

### **Sleep as Android app**

Sleep as Android is one of the software that integrates many methods to help users fall asleep more easily. When setting alarms and reminders, this app will automatically wake you up gently to gradually transition from sleep to dynamic state.

Picture 3 of Can't sleep what to do? 23 ways to help you sleep early 100% success

You can download the Sleep as Android app [HERE](#) .

### **Relax Melodies: Sleep & Yoga app**

This is an application that helps users create music or sounds to their liking so that they can listen to music before going to sleep, making it easier for you to fall asleep. Also supports music themes when exercising or

when relaxing during stressful working hours.

Picture 4 of Can't sleep what to do? 23 ways to help you sleep early 100% success

You can download the Relax Melodies: Sleep & Yoga app for Android [HERE](#) .

You can download the Relax Melodies: Sleep & Yoga app for iOS version [HERE](#) .

### **Calm App – Meditate, Sleep, Relax**

The feature of this application is designed to help users stay in the most relaxed state before sleeping. Not only can it be used in this case, but Calm - Meditate, Sleep, Relax is also quite useful if the user needs to calm down before a certain situation.

Picture 5 of Can't sleep what to do? 23 ways to help you sleep early 100% success

You can download the app Calm – Meditate, Sleep, Relax on Android [HERE](#).

You can download the app Calm – Meditate, Sleep, Relax on iOS [HERE](#).

### **Baby Sleep app**

Just hearing the name, you can imagine this is an app to help parents put their baby to sleep easily. This app will play pre-selected lullabies, record the mother's voice to help the baby fall asleep more easily.

Picture 6 of Can't sleep what to do? 23 ways to help you sleep early 100% success

You can download the Baby Sleep Instant app [HERE](#)

### **Twilight app**

Application Twilight help monitor your device adapt to the time of day with the filtering mechanism stream of blue light emitted from the phone or computer your table when in dark or dark room and protect your eyes by the Soft and pleasant red filter helps you sleep more easily b?n

Picture 7 of Can't sleep what to do? 23 ways to help you sleep early 100% success

You can download the Twilight app [HERE](#) .

Hopefully after this article you have found a solution for your sleep. Good luck!

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