

# The secret to better sleep and deeper sleep

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## 1. Take a warm bath



When taking a warm bath, your body temperature rises and then returns to normal to help you feel relaxed and comfortable. In addition, you can add a few drops of lavender essential oil to the bath water, the scent of lavender essential oil helps you feel more relaxed.

## 2. Turn off the phone



If you want to sleep better and deeper, it is better to turn off all phones, TVs, computers. The reason is because the light of these devices deceives the retina, making you more alert.

### **3. Schedule an alarm clock**



Set a time to sleep on time and do it right at that time. This helps you go to bed on time and wake up early.

### **4. Absolutely avoid coffee and drinks containing caffeine**



For a better and deeper sleep, absolutely avoid coffee or caffeine-containing beverages.

If you want to drink something before going to bed, you can choose a glass of warm milk or a glass of warm water.

## **5. Wear socks when going to bed**



Socks help keep your feet warm at night. So before you go to bed, wear socks to keep your legs warm and you feel more comfortable, getting a deeper sleep.

## **6. Do not eat much before going to bed**

The best way is to avoid eating a lot of food at night to avoid symptoms such as acid reflux and heartburn. Acid reflux and heartburn cause you to sleep badly or wake up.

## **7. Sip a cup of chrysanthemum tea**



If you have trouble sleeping, you can sip a cup of chamomile tea before going to bed. Chrysanthemum tea has many benefits, helping the nerves to relax and act as a mild tranquilizer. So to sleep deeper and better, you should sip a cup of chamomile tea before going to bed.

**You can refer to some of the following articles:**

- 1. Want skin without wrinkles, long-term children eat these foods**
- 2. The secret to help you no longer worry about being drunk in drinking**
- 3. Signs of your body are missing Vitamin**

**Your position has fun moments!**

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