Start a Healthy Nighttime Routine For Better Sleep

More people have a tough time falling asleep now than ever before. With the constant connection of users to entertainment, and various new and social media applications, people seem more tired and overwhelmed than ever, but what can be done about this? The reality is that people will have to change the way they do things so that they can get better rest. It will require them to incorporate good habits into their lifestyle, so this article will be sharing a few tips on a healthy routine for better sleep.

**Eat Dinner Earlier**

One of the most common bad habits that prevent people from sleeping, is the habit of eating too close to bedtime. When you eat close to bedtime, your body springs into action to digest food. During sleep, the only job that your body should be doing is healing and regenerating itself. When you introduce food into the equation, you not only confuse your body and tell it to do something unnatural during those hours, but you force it to have to just shove that food into a corner and wait for you to wake up. The food that was digested will often be stored in the form of fat, while the rest simply sits in your stomach, which can wake up to a bad stomach ache.

**Stay On Schedule**

The human body functions on a much higher level of efficiency when it knows what times are for what things. Sleep, for example needs to happen on a predictable time slot, otherwise your body will have a hard time getting into REM sleep, which is needed to rest and repair the mind. Meals should also follow some kind of schedule so that your body is prepared to digest food at the appropriate times. If you don’t live on a schedule, your body will become hungry, tired, and weak at inappropriate times, which could lead to the loss of productivity. That’s why you should stay up all night before work.

**Turn Off Electronics**

These days, one of the biggest contributors to the lack of sleep is the engagement with electronics. You will have a hard time sleeping if you are online surfing the net or trying to see what people are saying on the newest most popular social networking site. If you turn off the screens, and allow your mind to think about its own thoughts, you just might slip off to sleepy land.