

C. Good Night!

This is *all about your sleep*. How often you experience a ‘good night sleep’?

It is natural and desirable that after a long, hectic working day you go to the bed and sleep almost instantly.

If this is your case, you can skip this part deliberately. But in case you find it hard to take an overnight rest and your brain fills with tons of worries, regrets, fears... *its red signal. Indicating insomnia.*

Insomnia-the sleep disorder



Insomnia can have a negative impact on your health and overall wellbeing. It also affects the quality of life negatively. So if you struggle to sleep and spend hours staring at the ceiling or deciding and experimenting over **different sleep position then you might be suffering from *insomnia*.**

Insomnia is a devastating condition affecting many phases in your life.

Facts and stats about insomnia

1. Insomnia affects more women than men

Scientists suggest that the hormonal changes in a woman's body can affect her sleep patterns. The two main hormones that affect a woman's sleep are [estrogen](#) and [progesterone](#)

2. Extra worries-main cause of insomnia

Your concerns about your life, career, finances, or family may keep you awake overnight and make you feel depressed next day.

3. Pre-existing depression may cause you insomnia

If you are depressed you are already prone to sleep disorders. On the other hand less sleep may make you depressed.

4. Insomnia makes you a bad 'behind the wheel' person

Driving without an adequate amount of sleep may prove to be the most unfortunate event of life. So never risk your driving after a restless night.

Defeating insomnia

Yes, you can have triumph over insomnia! Just like people have over deadly disease like cancer. The most needed thing in each case is a strong will power.

“Developing a strong will power is already half the battle won”

Your overall behaviours, especially before the bedtime, can have a major impact on your sleep. They can promote an organic sleep or contribute to sleeplessness.

So, what you eat and drink, the medications intakes, the way you work out – can significantly affect your sleep behaviour. Some mindfulness can contribute to your sound sleep and help you get away from a restless night.

Here are certain proven pro-sleep tips for you to follow strictly with the strongest will power and then feel the freedom of napping at your own will!

How to Overpower Insomnia and feel your best

1. Do yoga and meditate every day. Take out time to de-stress yourself at the weekends with these amazing [Stress Management Techniques](#). Go for one session of [meditation](#) just before bed time.
2. Pen down your eight hours sleep schedule and follow it strictly.
3. Don't go to the bed until sleepy. Also, get out of the bed in case you don't fall asleep for next 25 minutes.
4. Avoid getting exposed to bright light in the evening hours because it may keep you awake for longer.
5. Make your room a **sleep heaven** by making it perfect dark body. Yes –**the darkness matters**. The darkness signals the brain to produce sleep hormone-melatonin which is helpful to make you fall asleep.
6. Maintain a cool room temperature then use a heavy blanket for a sound sleep.
7. Avoid consuming caffeine during evening.
8. Lessen your liquid intakes just before going to bed just to avoid any sleep interruption.

Most amazing one-the body scanning

This one is my favorite. I swear with body scanning. Most of the successful meditation techniques use body scanning. But if you scan **your body during bedtime**, you are 99.99% sleep-assured.

How to scan your body

- ⑦ Simply 'lie down flat' on your bed, comfortably.
- ⑦ Set your room dark and cold.
- ⑦ Cover yourself with a heavy blanket.
- ⑦ Inhale deeply, tense all the muscle groups one by one.
- ⑦ Exhale and relax.
- ⑦ Start body scanning from the toes of your right leg.
- ⑦ Progressively, come up inch by inch.
- ⑦ Scan each and every part of your body.
- ⑦ Keep breathing regular.
- ⑦ You are likely to fall asleep prior to just one body scan.
- ⑦ In case you don't, repeat more deeply and slowly. You will **never need the third one**.

You simply start following these amazing tips to **feel better** and sleep **better**. If you still have trouble sleeping try following amazing teas-

1. Chamomile tea



2. Nutmeg tea



These teas are super easy to prepare. Simply boil 1 cup of water. Put very small** amount of Chamomile or nutmeg in a cup then pour the hot water. Let it steep for 5 minutes. Filter the drink and then “drink and sleep”.

Simple..? Not at all! Until you **mountain** your willpower and come out of your comfort zone to live your life perfectly under control.

****Nutmeg should be taken in small amount, otherwise it may cause hallucinations, nausea and other side effects.**