

**32 SECRETS TO SLEEP WELL - A GUIDE TO A GOOD  
NIGHTS SLEEP**

**Deniece V. Runnels**

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This article lists 17 evidence-based tips to sleep better at night. Getting good sleep is very important for optimal health.

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## Here are 22 tips for a good night's sleep - from covered clocks to walnut snacks - Mirror Online

From avoiding screens to sidestepping that evening nightcap, here's what you can do to improve your chances of an undisturbed night.

## 8 secrets to a good night's sleep - Harvard Health

7 Practical Steps A good night's sleep consists of five or six cycles, whereas .. If you sleep better in a hotel or other bed away from home, it may .. than at the mercy of circumstance, so it's necessary to take control and get creative.

## Sleeping Tips: 5 Steps to a Good Night's Sleep | Fitness Magazine

Sleep your way slim and get rested: Here's how to make eight hours of sleep a "It's very easy to sacrifice sleep time for other things we think are more Stop feeling guilty about getting it," says Lawrence Epstein, MD, author of The Harvard Medical School Guide to a Good Night's Sleep. Sleep secret: Wear socks to bed.

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Fortunately, from relaxation techniques to changing your sleep routine, there are lots of ways to fall asleep quickly and improve your sleep quality. Some pain relievers—such as Excedrin Migraine and Midol—pack caffeine in their pills. PrivacyOverviewThiswebsiteusescookiestoimproveyourexperiencewhile When you can get pregnant Signs and symptoms When you can take a test Finding. J Psychopharmacol. Make your bed comfy A comfortable bed is key. FoulkesD,VogelG.Sugary foods packed with simple carbs cause your blood sugar to spike and dip, which can keep you up and lower your sleep quality.