B	I	N	G	O
You may be slumbering but your brain never stops working.	After about 15 minutes of not being able to get to sleep to to another room.	Exercise regularly finish a few hours before bedtime.	Sleep in a room that is dark quite comfortable and cool.	Maintaind a regular bedtime and awakening time schedule even on weekends.
Designate another time to write down problems and pssible solutions that is not close to bedtime.	Use your bedroom only for sleep. Work eat and watch TV in another room.	Restless legs syndrome (RLS) is a sensory disorder causing an almost irresistible urge to move the legs.	Avoid Caffeine with in 6 hours before bedtime.	There are many medications which are used to treat insomnia but these tend to be only effective in the short-term.
sleeping not for work or watching TV.	Avoid naps.	**FREE**	In sleep apnea your breathing stops or gets very shallow while you are sleeping.	Insomnia is a significant lack of high-quality sleep. It can be short-term or chronic.
The longest period some one went with out sleep was almost 19 days during a rocking chair marathon.	Lay in bed only for	Set the alarm and turn the clock around so that you can not see the time.	Finish eating at least 2-3 hours prior to your regular bedtime.	Relaxing rituals prior to bedtime may include a warm bath aroma therapy reading or listing to soothing music.
Avoid smoking with in 2 hours of bedtime.	Sleep on a comftrable mattress and pillows.	Elephants sleep standing up.	'Sleep hygiene' is the term used to describe good sleep habits.	Establis a regular relaxine bedtime routine.

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Establis a regular relaxine bedtime routine.	You may be slumbering but your brain never stops working.	Elephants sleep standing up.	The longest period some one went with out sleep was almost 19 days during a rocking chair marathon.	Avoid smoking with in 2 hours of bedtime.
Maintaind a regular bedtime and awakening time schedule even on weekends.	Go to bed around 10 or 11 PM to avoid 'second wind syndrome'	There are many medications which are used to treat insomnia but these tend to be only effective in the short-term.	Restless legs syndrome (RLS) is a sensory disorder causing an almost irresistible urge to move the legs.	Use your bedroom only for sleep. Work eat and watch TV in another room.

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