

## Five Tips for Getting Better Sleep Naturally

Do you find yourself feeling exhausted just hours into your day? For many Americans, falling asleep and staying asleep is a real problem. Below are five natural ways to improve your sleep and leave you feeling refreshed and well rested.

### Turn It Off

Electronics act as a stimulant. TVs, cell phones, and even e-readers. It's suggested that you allow yourself a few hours before bedtime to unwind and relax without electronics.

Use this time to read, knit, or keep a journal. The more calming the activity, the better.

### Turn It Down

The temperature, that is. [Studies show](#) that cooler environments lend themselves to more productive sleep cycles. (As an added bonus, you may even save on your next heating bill!)

### Avoid Stimulants

Nicotine, alcohol, and caffeine—all three act as stimulants and may leave you tossing and turning for hours.

While caffeine and nicotine make it hard to fall asleep, alcohol may have the opposite effect, but different consequences. Those who partake close to bedtime may have no trouble falling asleep, [but staying asleep is another thing entirely](#). When REM is disrupted, mayhem ensues.

### Eat Right

A healthy diet can go a long way in helping you fall asleep and stay asleep. Provide your body with all of the nutrients it needs during the day so you aren't tempted to have a late night snack.

### Know When to Exercise

Everyone responds to exercise in their own way. If you aren't over stimulated by exercise, then keeping your after-dinner date with the treadmill won't hurt. However, if you're one who feels particularly energized after your evening routine, consider working out in the morning instead.

Want to learn more? Check out these tips for better [sleep hygiene](#).