The TOPS 10 Ways to Get a Good Night’s Sleep

Having trouble sleeping at night? You’re not alone. It is, unfortunately, a common problem, especially for those struggling with weight loss. But there is relief! Try these recommendations for getting your daily quota of much-needed shut-eye.

1. Create a bedroom favorable for sleep. Keep it quiet, dark and temperature-controlled at night and bright in the morning. Use your bed only for sleep.

2. It may be hard at first to do on the weekends, but getting up at the same time every day is essential for being able to fall asleep right away every night.

3. No TV (or laptops or electronic devices) before bed or in the bedroom. Reduce the overstimulation that keeps you awake by reading a book instead.

4. A nightcap may sound inviting, but alcohol, soda or caffeine (that includes chocolate) will keep you agitated. Instead, a warm, non-caffeinated beverage can help your muscles relax.

5. Regular exercise will help you become “good tired” at night. But avoid strenuous workouts two hours before bedtime.

6. Also for the “two hours before bedtime” rule: Refrain from eating heavy meals or spicy foods close to sleep time, as these will keep you awake.

7. It may sound odd if you’re tired during the day, but avoiding afternoon naps will help you fall asleep quicker at night.

8. Have an aquarium? Consider placing it in your bedroom. Watching fish swimming back and forth has a calming and relaxing effect.

9. Try concentrating on your breathing or using prayer beads. Or perform some non-arousing mental tasks (like softly reciting favorite song lyrics).

10. If all else fails, go to another room and sit quietly in a warm, comfy chair until you feel tired again.