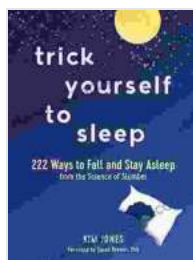


Trick Yourself to Sleep: Unlocking the Secrets of Mind over Matter

Can't Fall Asleep? Try These Science-Backed Tricks

If you're one of the millions of people who struggle to fall asleep at night, you know how frustrating and debilitating it can be. Insomnia can rob you of your energy, productivity, and overall well-being. The good news is that there are a number of things you can do to improve your sleep, including some simple tricks that can help you fall asleep faster and sleep more soundly.



Trick Yourself to Sleep: 222 Ways to Fall and Stay

Asleep from the Science of Slumber by Alisha L. Brosse PhD

★★★★☆ 4 out of 5

Language	: English
File size	: 11930 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 229 pages
Lending	: Enabled



In her book *Trick Yourself to Sleep*, sleep expert Dr. Rebecca Robbins shares a number of these tricks, based on the latest research in sleep science and psychology. Robbins explains that many of the things we believe about sleep are actually myths, and that by changing our mindset and habits, we can improve our sleep dramatically.

One of the most common myths about sleep is that we need to get eight hours of sleep every night. While it's true that most adults need around seven to nine hours of sleep per night, there is no one-size-fits-all answer. Some people need more sleep, while others need less. The important thing is to find out how much sleep you need and then make sure you're getting enough.

Another common myth is that we can't fall asleep if we're not tired. This is not true. In fact, one of the best ways to fall asleep is to go to bed at the same time every night, even if you're not feeling tired. This will help to regulate your body's natural sleep-wake cycle.

Robbins also discusses the importance of creating a relaxing bedtime routine. This could include taking a warm bath, reading a book, or listening to calming music. It's important to avoid activities that are stimulating or stressful before bed, such as watching TV or working on the computer.

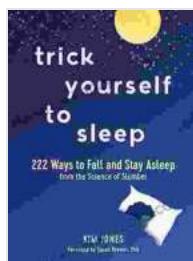
If you're still having trouble sleeping, Robbins recommends trying some of the following tricks:

- **Imagine a peaceful scene.** This could be a beach, a forest, or anywhere else that makes you feel relaxed. Focus on the details of the scene, such as the sights, sounds, and smells.
- **Do a body scan meditation.** This involves lying down and focusing on each part of your body, starting with your toes and working your way up to your head. As you focus on each part of your body, try to relax it as much as possible.
- **Try progressive muscle relaxation.** This involves tensing and then relaxing different muscle groups in your body. Start with your toes and

work your way up to your head. As you tense each muscle group, hold it for a few seconds and then release it.

- **Take a warm bath.** The warm water can help to relax your body and mind. You can also add some lavender or chamomile essential oil to the bath to promote relaxation.
- **Drink a cup of herbal tea.** Chamomile, lavender, and valerian root are all herbs that have been shown to promote sleep.

If you're struggling to sleep, don't give up. There are a number of things you can do to improve your sleep, including trying some of the tricks listed above. With some patience and effort, you can finally get the restful sleep you deserve.



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In Controluce Scatti Di Epilessia Author: Elisa Serafini Publisher: Postcart Edizioni Publication Date: 2019 ...



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