

Top tips for avoiding a restless night's sleep

Many people who suffer from restless night's sleep often turn to a memory foam mattress is to try to ease their woes. It's important to remember, however, that there are many other factors when it comes to improving your all round sleep pattern.

One of the biggest problems when it comes to sleep is that people just don't do it with enough regularity. Whilst our bodies can, and do, adapt to our lifestyles it is crucial that you keep your bed time as consistent as possible. By aiming to go to sleep at the same time every evening, you will soon find that you will be dead to the world as soon as your head hits that pillow, as opposed to tossing and turning for hours on end.

Your food and drink consumption can also affect your sleep. Many people believe that alcohol can aid sleep. Whilst this may be true for a short while, you will, more often than not, find that you awake during the hours of darkness following a night on the tiles. Equally, an evening meal should be eaten at least 4 hours prior to your scheduled bed-time. A large meal may well make you feel drowsy, but sleeping on a full stomach can have a negative effect on your sleep, let alone what it may do to your waist line!

As a final note, you may want to remove that TV from your bedroom. Or, failing that, you definitely need to learn to avoid using the 'sleep' function. By watching television as you attempt to go to sleep, your brain remains active for longer resulting in lighter sleep. Not only this, but it's important for your body and mind to learn that the bedroom is where you sleep. Watching TV can deter from this.

About the Author

These top tips for a better night's sleep have been provided to you by the sleeping experts who produce high quality [Memory Foam](#) products. If you are looking for a new mattress then why not make it a [Memory Foam Mattress](#)?

Source: <http://www.healthcrazed.com>