

[IMAGE]

3 Ways to Sleep Soundly

Lady in tub - Copyright © Stock Photo / Register Mark **Stick to a Routine**

When it comes to getting a good night's sleep, conditioning your body to sleep at a certain time (and for a certain length of time) increases your chances of falling asleep quickly and waking up refreshed.

Developing an evening ritual is also important in this regard: Set the stage for quality sleep with a warm bath, a good book or soft music.

Light switch - Copyright © Stock Photo / Register Mark **Light and darkness**

Sunlight helps regulate your circadian clock, the body's 24-hour cycle, and also stimulates the production of melatonin, a hormone that regulates your sleep cycle. On the other hand, when you're preparing for sleep, it's vital to limit sources of light that can make it harder to doze off. That means pulling the shades, turning off all the lights and shutting doors.

Don't Drink, Don't Smoke

Cigarettes - Copyright © Stock Photo / Register Mark There are countless reasons not to do either of the above, but in terms of sleep, drinking alcohol and smoking can have profound negative consequences. You may think alcohol will help you fall asleep, but it won't keep you asleep, not after it's metabolized. And nicotine is a stimulant - perfect for keeping you awake all night long.

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