

BETTER SLEEP



You want a good night's rest. Getting enough sleep helps you stay healthy and alert, but many people don't sleep well. If you're always sleepy or you find it hard to get enough sleep at night, it may be time to see a provider. Waking up every day feeling tired is a sign that you are not getting the rest you need.

Caffeine has both positive and negative attributes. It can be very effective for improving your concentration and alertness. But these effects can be brief if you consume high doses of caffeine on a daily basis. Caffeine also can have a negative effect on your sleep. It can reduce the quantity and quality of your sleep. These effects can occur even when you are unaware of them.

Click on the links below for more specific information on how to achieve better sleep:

<https://www.nia.nih.gov/health/good-nights-sleep>

<http://sleepeducation.org/news/2013/08/01/sleep-and-caffeine>

HOW TO GET BACK TO SLEEP WHEN IT FEELS IMPOSSIBLE?



There are few things more rewarding and enjoyable than snuggling in bed at the end of a long day. Especially since quality time with your pillow and some good shut-eye can be the ideal recipe for optimal functioning and better mood. Cue a familiar scene: It's dark, your eyes open, and it's definitely not morning. The dreaded middle of the night wake-up. After a bit of tossing and turning, you're convinced: More sleep is not in your immediate future.

Sound familiar? Don't worry: On average, you should aim for 7–9 hours of sleep each night, according to the National Sleep Foundation. While getting back on the dream train may feel impossible, with the right tricks and tips, it is possible. Here, experts weigh in with their best suggestions for falling back asleep.

For more information on achieving better sleep, view this article at:

<https://blog.myfitnesspal.com/how-to-get-back-to-sleep-when-it-feels-impossible/>