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Sleep meditation fall asleep fast

Techniques to promote sleep range from the very simple, such as eating a light snack, to the less intuitive, such as deep abdominal breathing. Snack Lightly Before Bed There's nothing like a grumbling stomach to keep you awake. So if hunger pangs strike as you're preparing for bed, have a light snack. Research indicates that a light snack can help you sleep more soundly. The emphasis, of course, is on light. Bedtime is no time to stuff yourself. An overly full belly can be just as detrimental to sleep as an empty one. There are various theories about what you should have as a snack before bed. One age-old suggestion is warm milk. Some research has suggested that milk might be helpful because it contains tryptophan, a naturally occurring amino acid that the body uses to make serotonin; serotonin is a brain chemical that has a calming, sleep-promoting effect. Tryptophan is also found in a variety of other foods, such as turkey, tuna, peanuts and cheese. Other researchers emphasize the importance of eating a nighttime snack that is high in carbohydrates, such as bread, potatoes, cereal or juice. The carbohydrates, they contend, help usher tryptophan into the brain, where it is converted into serotonin. Some sleep scientists recommend eating foods that are rich in magnesium and/or calcium. These minerals have a calming effect on the nervous system, and even a slight deficiency of them, they say, can affect sleep. Dairy foods are good sources of calcium. Sources of magnesium include fruits such as apples, apricots, avocados, bananas and peaches; nuts; and whole-grain breads and cereals. You might want to experiment with snacks from these various groups to see if they help you sleep. There's no guarantee they'll lead you to a good night's sleep, but you may find some of them helpful. When choosing a snack before bed, another important point is that you should avoid foods that may promote heartburn, indigestion, gas or other upsets. That means you should probably avoid greasy, fatty and spicy foods. If you're lactose intolerant, skip the warm milk -- or use a lactose-free variety. And if MSG causes you problems, don't treat yourself to those Chinese takeout leftovers. Actively Relax An excellent way to quiet your body and mind before bedtime is to use one of the active relaxation techniques. These techniques help you to deliberately clear your mind of intrusive thoughts, wring the tension from your body, and put yourself into a peaceful state. Progressive Muscle Relaxation (PMR) When you tense a muscle for a few seconds, it naturally wants to relax. That is how PMR works. You start at your toes and deliberately tense one muscle group at a time, progressively working your way up the body. To prepare, lie on your back on the floor or on a couch or recliner in a room other than your bedroom. Begin by scrunching your toes as hard as you can for ten seconds, while keeping the rest of your body relaxed. Then relax your toes, and tighten and release your calf muscles, again leaving your other muscles relaxed. Then move on to your thigh muscles. Continue through the muscle groups of the buttocks, abdomen, chest, forearms, shoulders, neck and face. Take your time at it; performing the muscle relaxation one time, from toes to head, should take at least 20 minutes. By the time you work your way through the muscle groups, you should feel very relaxed. If you don't, repeat the entire cycle one more time. Abdominal Breathing Rhythmic breathing is one of the best ways to help your body relax. There are many variations. This particular technique appears simple, but you'll need a little practice to do it properly. First, lie down on your back and begin to breathe normally. Now place your hand on your lower abdomen, just at your belt line, and slowly fill your lungs with air to the point that you can feel this portion of your abdomen rise. Take in as much air as you can and hold it for a couple of seconds. Then slowly release all the air in your lungs. Try to pay attention to nothing but the slow intake and release of air and the rhythmic rising and falling of your abdomen; don't rush. Repeat this eight to ten times. Visualization Imagine your favorite vacation spot. Maybe it's sitting on the sand with your bare feet being massaged by the ocean surf, or scuba diving off some coral reef. Alternately, think of an activity you find especially relaxing: drawing, cooking, hiking, walking your dog, even shopping. The idea behind visualization is to use your imagination to envision something that tells your mind to enjoy itself instead of being focused on some worry or concern. It can be anything you find soothing. As you lie in bed, close your eyes and literally "go" to that place or "do" that activity in your mind. Chances are good that you will be sleeping peacefully in short order. Your mattress also is a factor in your ability to fall asleep. Learn how to pick a good one on the next page. This information is solely for informational purposes. IT IS NOT INTENDED TO PROVIDE MEDICAL ADVICE. Neither the Editors of Consumer Guide (R), Publications International, Ltd., the author nor publisher take responsibility for any possible consequences from any treatment, procedure, exercise, dietary modification, action or application of medication which results from reading or following the information contained in this information. The publication of this information does not constitute the practice of medicine, and this information does not replace the advice of your physician or other health care provider. Before undertaking any course of treatment, the reader must seek the advice of their physician or other health care provider. Byrdie takes every opportunity to use high-quality sources, including peer-reviewed studies, to support the facts within our articles. 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Blume C, Garbazza C, Spitschan M. Effects of light on human circadian rhythms, sleep and mood. Somnologie (Berl). 2019;23(3):147-156. doi:10.1007/s11818-019-00215-x Blume C, Garbazza C, Spitschan M. "Effects of light on human circadian rhythms, sleep and mood" 147-156. 2019. Watson E J, Coates A M, Kohler M, et al. "Caffeine consumption and sleep quality in Australian adults." 479. 2016. Michigan Medicine University of Michigan. Stress management: breathing exercises for relaxation. Updated December 15, 2019. Published on November 23, 2020 Your neighbors downstairs are playing loud music. Again. How do they not get tired of partying? And why do they choose songs with such a heavy downbeat that the glass in your cupboard is vibrating every two seconds? What can you do to get some peace that you deserve? What should you?Human mind tends to go in circles whenever faced with a problem without a clear solution. It becomes easy to forget the big picture and get lost in anger and self-pity, wasting our precious time, energy and enthusiasm.Would it not be nice if we always remembered to put things in perspective?Would it not be more efficient to face all kinds of problems, from tiny annoyances to life-changing emergencies, with a calm demeanor, sharp focus and fearless determination to promptly take the most efficient action possible?Alas, humans are not like that. All too often we let anxiety or greed get the best of us and make a rushed or shortsighted decision that we quickly come to regret. Other times, we spend weeks or months at an impasse, rehashing the exact same arguments, unable to accept the compromise required to move forward with any of the available options.Buddhists talk about getting lost in the "small self." In this state of mind, we literally forget the big picture and focus on the small one. We start taking our daily problems too personally and, paradoxically, becomes less capable of solving them in an efficient manner. And this is the opposite of big picture thinking.Let me share with you a story related to big picture thinking...In 1812, the French army of Napoleon Bonaparte invaded Russia. After a decisive Battle of Borodino, the capture of Moscow and therefore Napoleon's victory in the war seemed inevitable.Unexpectedly, the Russian Commander-in-Chief Mikhail Kutuzov made a highly controversial decision of retreating and allowing the French to capture Moscow. Much of the population had been evacuated taking supplies with them. The city itself was set on fire and large parts of it burned into the ground. After waiting in vain for Russia to capitulate, Napoleon had to retreat in the middle of a bitterly cold winter. He won the battle but lost the war. The campaign ended in a disaster and the near destruction of the French army.What can we learn from this historical lesson?1. Focus on the ConsequencesNapoleon focused on the important part: capturing Moscow. Nobody could accuse him of thinking small. Yet he overlooked that the Russian army could still fight even after giving up the country's most important city.So was Moscow not an important target after all?Success expert Brian Tracy has a litmus test: things are important to the extent that they have important consequences. Things are unimportant to the extent that they have no important consequences.When faced with a choice, ask yourself, what would be the consequences of each option? Want to spend an hour studying or watching the new series on Netflix? What would be the consequences of each option? Netflix can sometimes be a better choice, but it helps to put things in perspective. Want to maintain your apartment by yourself or to pay a cleaning service? Would would be the consequences of each option? Want to meet up for coffee with this acquaintance of yours or catch up on your work instead? What would be the consequences of each option? The choice can be different for different people. An aspiring filmmaker may have a legitimate reason for choosing Netflix. Personally, cleaning your own apartment can be relaxing and nourishing even if the economics of hiring a cleaner looks compelling because you are earning a high hourly rate.This is where you will need a basic idea of who you are — what are your goals, values and aspirations.2. Flip Defeat Into VictoryKutuzov managed to turn Russia's defeat into a historic victory by recasting the problem in a wider context: losing Moscow need not mean losing the war. Despite the symbolic meaning attached to the Kremlin, the churches, the priceless treasures that had been stored in the city for centuries, the outcome of the campaign was ultimately determined by the strength of the remaining armies.If you can adopt this result-oriented perspective, many of your personal defeats may be flipped into victories as well. Few events in a human life are absolutely good or absolutely bad, and it usually takes many years to recognize in retrospect, what role a particular encounter did play in your story.Therefore we have every reason to look for the good in the things that happen to us.This is a very practical attitude, far from baseless "positive thinking." After all, if something unfortunate has happened to you and you find good sides in this circumstance, you will then be better positioned to take advantage of those good sides.Say your noisy neighbors are affecting your productivity. What if it is a blessing in disguise? How can you turn this defeat into a victory? Perhaps you are too serious about life and could learn how to have more fun. Join your neighbors or go out for a walk instead of working; Perhaps you only wanted to be productive while instead procrastinated on social media. Now that your procrastination has been interrupted, stop and acknowledge this much greater obstacle to your productivity; Perhaps you are too sensitive to interference. Take this opportunity to practice ignoring the noise and doing your best anyway; Perhaps you have a victim mentality and the feeling of unfairness drains you more than any actual nuisance your neighbors might have caused. Try accepting this lapse in your productivity the way you would accept bad weather. Get used to finding opportunities in your problems. This is the quintessential big picture thinking.3. Ask for AdviceBoth Napoleon and Kutuzov had trusted advisers to discuss their affairs with. In general, getting a different perspective — or several — can only help inform your understanding and lead to better decisions. Just ensure that the people giving you advice are competent in the particular area where experience is needed.Paying money for advice can also be a wise investment. Lawyers, tax accountants, medical doctors spend years learning how to assist people like yourself in living more successful, more fulfilling lives.A quick legal consultation can save you a fortune down the line or even keep you out of big trouble. A medical check-up can uncover potential issues and help keep you healthy and active for years to come. Even big, complex dilemmas at your job or in your romantic relationship can be tackled more effectively by partnering up with a coach or a therapist or, of course, with the help of a wise friend.4. Beware of Biased AdviceMany imperfect decisions occur in response to an imperfect piece of advice that you choose to act on. This advice often comes from a biased party.For example, we are often encouraged to buy something that we supposedly need: Protect your skin from harmful UV rays by using a special lotion. Fortify your health by taking multivitamins. Connect with your friends by sending them elaborate gifts. Brighten your weekend by consuming a delicious pastry. Become more productive by getting a faster computer. However, most purchases are unnecessary.Some, such as the sunscreen, do have legitimate benefits when used properly. Others, such as multivitamins, only make a difference for a small group of people.Advertisers of those benefits inevitably want to narrow your focus in order to overstate the importance of their product. They frequently present it as the only solution to your problem, whether real or imaginary.After all, Skin can also be protected from the sun by wearing appropriate clothing. Health can be better fortified by consuming a balanced diet and getting regular exercise. Spending time or talking on the phone with your friends is the foremost way of connecting with them, and it is virtually free. Your weekend can be brightened by doing something that you love. You can become more productive by focusing on the tasks that have the most important consequences. A faster computer can, in fact, decrease productivity by making it easier to multitask and by enabling your favorite distractions. There are other sources of imperfect advice. Politicians also frequently want us to focus on a particular "big picture," to the exclusion of the alternatives.Even loving parents can be guilty of the same. They can advise their children to pick a career path that is safe and respectable, based on their "big picture" that in life one has to make a living. A child may disagree, however, based on another "big picture" that one's life has to have meaning and fulfillment. Bottom LineIt is human nature to make rushed, emotional decisions based on incomplete information, then regret those decisions later on.You can protect yourself from poor judgment by striving to attain the big picture when careful consideration is called for.Focus on the consequences of your decision before considering how you feel about it.Play with the cards you've been dealt, but look for opportunities in each situation and you will find them.Ask knowledgeable mentors for advice, but beware of biased people who have an opinion, but do not necessarily have your best interest in mind.Yet remember, true big picture thinking comes from hard-won experience. Legendary military commanders Napoleon Bonaparte and Mikhail Kutuzov were both injured on the battlefield.Clear thinking comes from putting your big picture to the test of reality.More Tips on Thinking ClearlyFeatured photo credit: Haneen Krimly via unsplash.com guided sleep meditation fall asleep fast. 10 minute sleep meditation fall asleep fast. deep sleep meditation fall asleep fast. yoga nidra for sleep - powerful guided meditation to fall asleep fast. fall asleep fast guided meditation asleep hypnosis. powerthoughts meditation club fall asleep fast and easy (healing and tranquil sleep). calming meditation sleep music fall asleep faster relaxing music for sleep. how to fall asleep quickly meditation

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