

A SLEEP SO DARK

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A dark night is good for your health

Your body is programmed to sleep when it's dark, so you can encourage that rhythm by easing into nighttime. (Video: Watch why your body.

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Protect eyes, sleep with dark and night modes | Deccan Herald

35% of Americans say they don't use bedroom curtains or shades. 73% of Americans say a dark bedroom is important to getting a good night's sleep. 73% of Americans rated a dark room as important to getting a good night's sleep in the National Sleep Foundation's Bedroom Poll.

Here is why you should sleep in the dark at night - Times of India

Choose a bed time when you normally feel tired, so that you don't toss and turn. If you're When it's time to sleep, make sure the room is dark.

See | National Sleep Foundation

Some people with insomnia can't sleep because they are afraid of the dark, So what do you do if you're afraid of the dark and can't sleep?.

Can't Sleep? You May Be Afraid of the Dark | acynezecomob.tk

Dark. Your body needs it too. Being exposed to regular patterns of light The physiological processes that control the daily cycle of sleep and.

Related books: [The Temp / Birthday Surprise \(Value Bundles Book 6\)](#), [Camouflaged Memories:Vietnam and Beyond](#), [The Blade of His Word - Collection of 10 Poems](#), [Switching Addictions](#), [Leer la mente: El cerebro y el arte de la ficción \(Spanish Edition\)](#)

Hard as it may be, try not to stress over your inability to fall asleep again, because that stress only encourages your body to stay awake. How does one avoid this conundrum?

Comments 0.

Traditionally,blue-whiteisthecolouremittedbyadisplaythatgenerates
But what is the difference between the two? For others, eating before bed leads to indigestion and make sleeping more difficult.

Visualizingapeaceful,restfulplace.CommentsLeaveacommentName.The more light you can remove from your space, the better rest you'll. Nighttime snacks help you sleep For some people, a light snack before bed can help promote sleep.