

Bamboo Tea series: 'Sleep'...tips for insomniacs



Here you are again. Awake...

Yet another night looking at the clock, wishing that if you could just stop all those thoughts whizzing around your head you might at least muster three hours of sleep!

You're still awake, aren't you? Ugh!

[Insomnia](#)– defined as the inability to get to sleep and/or stay asleep – affects at least one in three people to some extent, according to the [National Sleep Foundation](#).

A survey of 6,700 people carried out by a UK organisation called [Sleepio](#), found that a third of respondents were classified as possibly having chronic insomnia.

Based on the answers given in the survey, the authors' calculated average sleep scores for each respondent (0% = very poor, 100% = excellent).

The results showed that:

- Men's average sleep score was 61%, compared to 57% for women.
- More than four times as many people with insomnia reported relationship difficulties, compared to good sleepers.
- Over 45% of those with insomnia had difficulty staying awake during daylight hours, compared with just over 10% of good sleepers.

(Source: Sleepio and the NHS)

But how do you know you have insomnia?

Well, if you have ever had insomnia you are certainly going to know about it – and so are the people around you, for that matter!



Symptoms include:

- finding it difficult to get to sleep
- difficulty staying asleep
- lack of concentration throughout the day
- irritability.

Max@MaxineKnightWrites.com

www.MaxineKnightWrites.com

So, what can help with insomnia?



Exercise

Try fitting some exercise into your day, although don't do anything too strenuous just before bed.

Tackle any problems head-on

Maybe you are nervous or worried about something. Money woes, the children, job issues. These are all things that can cause anxiety and keep you up at night. How about creating a plan of action to tackle these issues head-on? For example, seeking financial advice or changing jobs.

Make a list

If you find yourself lying there thinking of all the things you have to do the next day, make some time before bed to write a list and get them out of your head.

Lifestyle

Some common causes of insomnia are nicotine, caffeine and alcohol. You can't rid these from your life? Consider cutting down.

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A sleep routine

How about a nice, relaxing wind-down routine that you adhere to every night? It is important that you start the routine at the same time every night - being as rigid as possible.

Here's an example routine.

1. Start with a nice warm, relaxing bath.
2. Discover a new flexible you with a short, gentle [yoga session](#).
3. Pick up your favourite book and read for half an hour. But remember: NO news, and banish the phone, tablet and television from your bedroom.
4. Plump that pillow and close your eyes while listening to a [guided hypnotic audio track](#).

[Tea time](#). - I mentioned in the sleep routine about having half an hour with a good book. Fancy accompanying that with a relaxing cuppa?

[Bamboo Sleep Tea](#) is designed to gently prepare your body for a peaceful sleep. It includes carefully chosen ingredients such as chamomile, which [studies have found can reduce anxiety](#).

And with 28 tea bags included in each pack, you can sip your way to a delectable month of...

ZZZZZZZZ

