BamBoo Tea series: 'Sleep' ...tips for insomnia

Here we 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 3 hours sleep!

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

Insomnia, defined as the inability to get to sleep and/or stay asleep effects at least 1 in 3,(mildly) according to the National Sleep Foundation.

A UK survey of 6,700 participants carried out by an organisation called Sleepio, found that a third of the respondents were classified as possibly having chronic insomnia.

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

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The main results showed that:

- *Men's average sleep score was 61%, compared to 57% for women.*
- *Over four times as many people with insomnia reported relationship difficulties, compared with 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 & 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, and
- irritability.

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So how can you help with insomnia?

Exercise
Try fitting some exercise into your day, making sure it is nothing too strenuous before bed.

Tackle those problems head-on
Maybe you are nervous or worried about something. Money woes, the children, job issues. All things that can cause anxiety keeping 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.

If you are thinking of all the things you have to do the next day, make some time before bed to write a list of all the things you need to do.

Lifestyle
Some well known common causes of insomnia are nicotine, caffeine and alcohol. Consider ridding these from your life? And if you can't eliminate them altogether, think about cutting down.

A sleep routine

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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.

1. Start your routine 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 about half an hour. But remember - NO news, and make sure the phone, tablet and television are banished.
4. Then plump that pillow and close your eyes whilst listening to a guided hypnotic audio, (always remember to read any warnings, and never listen to them whilst driving).

TEA TIME !!! - I mentioned in the sleep routine segment about having half an hour with a good book. Fancy accompanying that with a cuppa. Bamboo Sleep Tea, designed to gently prepare your body for a nice relaxing peaceful sleep. It includes carefully chosen ingredients such as chamomile, a humble herb which studies have found can reduce anxiety.
With 28 tea bags included, sip your way to a delectable ...zzzzzzzz

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