

For A Good Night's Sleep, Unwind First

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Sleep arrives in stages, so relax before bedtime.

When is the last time that you got a really goodnight's sleep. The type being referred to here is eight hours of uninterrupted rest with the lights off and no reading, TV or worrying. Yes, that's right no worries once you get into bed. No wondering if your son passed his math test. Or if your husband took out the trash. Or if your teenaged daughter walked the dog like she promised. No, the type of sleep we're talking about is getting in bed with a smile on your face, because it's time to rest and you're happy about that.

A great many women go to bed, all too often, but don't really rest and it's not because their mattress needs to be replaced, either, but because they have so much on their minds. Rarely, do they unwind first, as people used to do as far in the good old days. To unwind, you turn the TV set off about an hour before bedtime, take a hot bath, drink a cup of tea and then just sit for a while to let your thoughts settle down before you pop off to bed.

If you simply turn off the set or put away work from the office or get into bed right after reading the newspaper or having an argument, you carry any thoughts and feelings connected with those activities and/or events to bed with you. As a

consequence, while you are laying in bed trying to rest, your mind wants to process those events. However, if you unwind first, even write down some of your thoughts in a journal to get them out of your head, your chances of getting a good night's rest increase.

A good night's sleep or resting is especially vital for busy women who need to be alert during the day to drive to work, pick the kids up from school or even attend evening classes. A good nights rest ensures that you stay awake during important events in your life and aren't tired or worn out. Also, at work, during meetings, lunch dates, school plays, family time, and the like, you're present instead of dozing off. You will also be less cranky and irritable.

If when you get up in the morning and you're still tired, chances are that you don't unwind before bedtime and you're not getting enough rest. Good sleep provides your entire body, mind, and spirit with actual rest. The body relaxes, the pulse slows, the mind decelerates, worries slip away and distractions (TV, radio, negative feelings, etc.) recede into the background where they belong. So the next time that you head off to bed for a good nights rest try unwinding first.

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