**The Sleeping Guide: How to sleep better**



If you sleep bad at night, then this article may help you. Most people out there sleep less than six hours a day. Sleep is one of the most wonderful things, because the body does all the work of recharging its batteries by itself. The average adult spends 36 percent of his life asleep. So, why is it so important to use that time well?

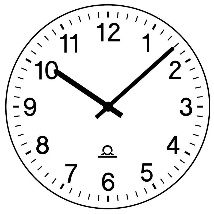
The first purpose of sleep is the restoration of the body and all organs. Recent research has suggested that sleep plays a crucial role in cleaning our brain. Sleep is essential for memory consolidation, which is the process that maintains and strengthens your long-term memories.

If you sleep five hours instead of eight hours, the energy comes from carbs and proteins, instead of burning fat, as studies have shown. So, if you are overweight, maybe have a look at your sleeping-times and check out if this could be a reason.

The question is: How much sleep do you need? Recently, sleep researchers conducted a study with 48 healthy men and women. Those results may be used as a good guideline for everyone. The first group had four hours sleep a day. The second group had six hours and the third group slept 8 hours a night. The subjects were tested physically and mentally. After fourteen days the people who had had eight hours of sleep, showed no decrease of cognitive performance, attention laps or motor skill, while the six hours group and the four hours group performed nearly the same, but still a lot worse than the subjects who had had eight hours of sleep.

What does all of that mean for students?

Especially children and adolescents should have at least more than seven hours of sleep a day, because their brain is not fully grown. Insomnia over a long period of time could lead to a variety of health problems (heart diseases, depression, stress) and in the worst case to mental dementia.



Here are some tips to get enough sleep or to sleep better:

* Your bedroom is the room to sleep, so don’t use it as a living room. Before going to bed you can darken the room to produce more melatonin, which is the hormone our body needs to produce so we can fall asleep.
* Switch to helpful evening routines. If you go to bed at different times, your body cannot adjust to a certain routine and that can turn falling asleep into a problem.
* Don’t check the clock while lying in bed, because it will stress you.
* If you really can’t sleep, get up and make yourself comfortable, maybe read a few pages of your favourite book or listen to some music. Return to bed when feeling tired. Sometimes this could be more effective than lying in bed for one or two hours.
* The blue light in screens of mobile phones or laptops also interferes with the production of melatonin, so these devices should not be used up to one hour before going to bed.



All of this leads me to the firm conclusion that sleeping more than seven or eight hours will be a good decision because of those advantages that restful sleep brings.