

10 Hacks to fall asleep faster



IRIS TECHNOLOGIES

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Have you ever been so desperate that you start counting sheep to try to fall asleep faster?

Yes, I've been there too.



Here are 10 hacks, which help you fall asleep faster and have way better sleep quality.



In the morning you won't need a cup of coffee with the size of your head anymore.

Worth trying, huh?

Keep your phone away

We are all aware of the damage the electromagnetic fields cause to us.

However, we rarely think about the psychological side of the “falling asleep with my smartphone beside me” phenomenon.

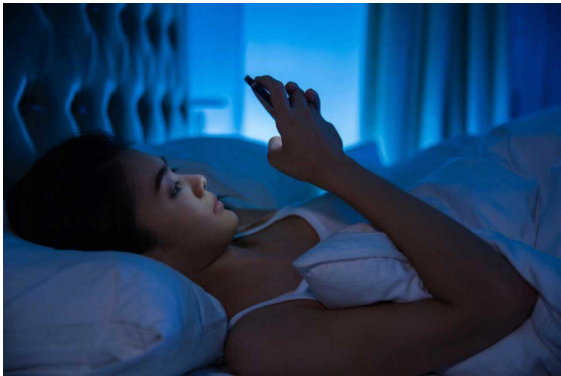


Research shows that only the process of sending and receiving messages itself leads to sleep disturbance.



So, if you strive for better sleep quality, you have to leave your phone in another room before bedtime.

You will not only be protected from the harmful EMFs, but also from the temptation of constantly checking for notifications.



It will probably be inconvenient at first, especially because of the alarm setting. But we could always turn back to the good old alarm clock, right?



The Rustic Ethic

No water before bedtime

Let's be honest - no one likes getting out of bed just because they need to pee.

In order to prevent that, try not to drink water at least 2 hours before turning the lights off.



I know many people who have to get up 3-4 times per night to go to the bathroom.

This is more than annoying, especially if the next day is workday and you need to get proper sleep.





No emotional movies or books

Imagine the **perfect Friday night**

- cozy bed
- popcorn
- a really good movie to watch.

You love these types of evenings,
don't you?

However, it does matter what genre the film is.

If you like horrors, for example, you'll have trouble sleeping because of stress hormones your brain produces.



The same applies to books.

A very thrilling novel will affect your emotions for sure.



You'll be thinking over and over about it and wonder what will happen in the next chapter.

How could you possibly fall asleep with an itch like this?

Stop overthinking



We've all been there !

- ✗ recalling situations from the day
- ✗ worrying about the test
- ✗ we'll have tomorrow,
- ✗ making plans for the next week, month, year...



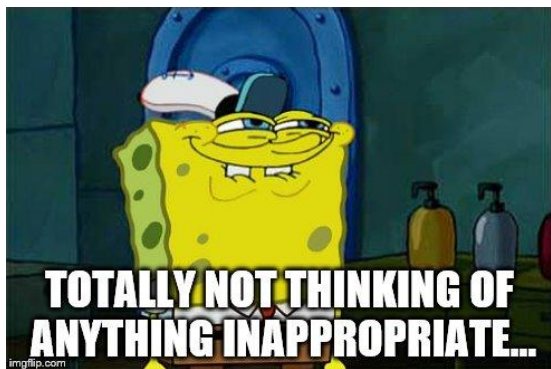
This is **meaningless.**



Instead of spending hours in thoughts like these, try not to think about anything at all.

Once you learn to “shut down”, you’ll fall asleep faster.

Therefore, your sleep quality will improve immediately.



Eat well

Everyone's gone crazy about "healthy eating" and there's a reason for that.

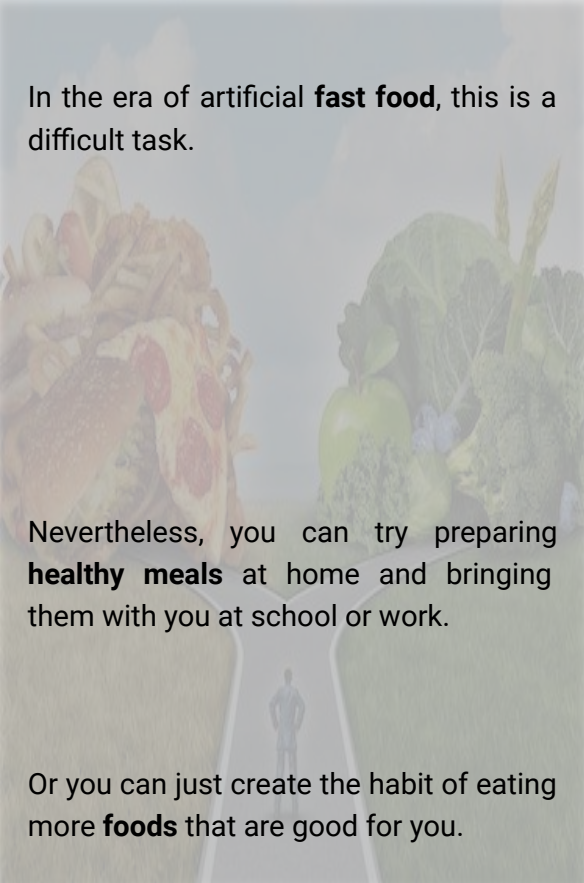
A well-balanced diet is capable of improving many aspects of our life, including our sleep.



We could go even further by saying that a high-fat diet, for example, is a melatonin suppressor.

So, in order to have better sleep quality, you should reduce fat intake.





In the era of artificial **fast food**, this is a difficult task.

Nevertheless, you can try preparing **healthy meals** at home and bringing them with you at school or work.

Or you can just create the habit of eating more **foods** that are good for you.

Create a routine

The positive impact a good night routine has on your sleep.

It takes 30 days to form a habit, they say. Begin tonight.



Create a schedule - go to bed at 10 pm and get up at 6 am for example.

Keep to it for the next 30 days and see what happens.

You'll start seeing the difference not only in your sleep quality but also in your productivity.



Choose the right pillow

This one may seem obvious, but let me be the annoying reminder - your pillow plays a huge role.

If you don't feel comfortable enough, you won't be able to relax properly.



People who sleep on their backs need a thinner pillow.

If you have neck or back problems choosing the right pillow is a must.

The same goes for your mattress.

RIGHT PILLOW SIZE FOR YOUR SLEEPING HABITS



PILLOW TOO HIGH



PILLOW TOO LOW



PILLOW SIZE JUST RIGHT

Make it cozy

You should be impatient to hop into your bed.

✓ buy beautiful sheets if you hate the old ones.

✓ choose a soft fabric.

✓ decorate your bedroom with flowers, pictures, lights... whatever feels comfortable to you.



Keep in mind that this is your place for relaxation - don't paint the walls in neon pink.

Create a peaceful atmosphere.

This will make falling asleep and waking up way more pleasant.



Track your sleep cycles

Knowing that you have to wake up early is one of the main reasons for having trouble sleeping.

Actually, the hours of sleep are irrelevant.

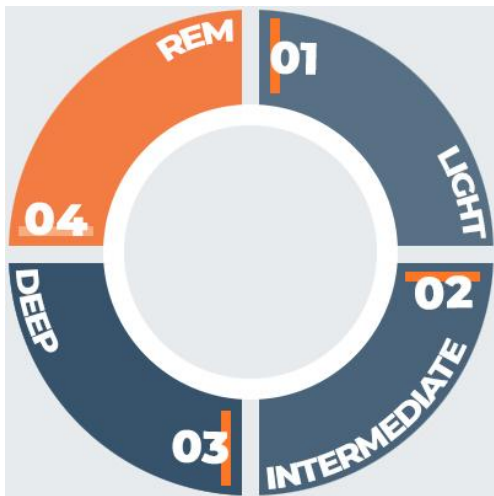
What matters is the sleep cycle you're in when you wake up.



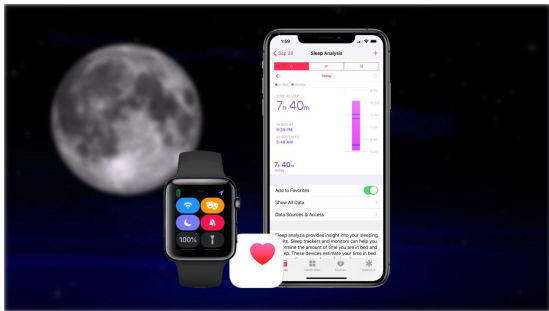
While we sleep, we go through 5 cycles.

The first two of them are light sleep, the next two - deep sleep.

In the fifth stage, your brain activity intensifies and you start dreaming.



There are apps and smart devices like bracelets that track your sleep cycles and calculate the right moment to wake you up.



Basically, you set the desired time and the alarm rings in the lightest sleep cycle.

This way you won't be worrying about making up the hours of sleep you've already missed.

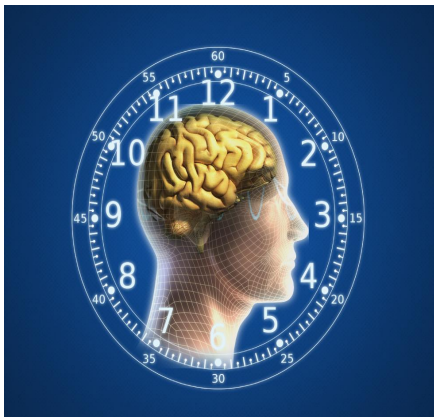


You'll just trust your smart buddies to choose the right time to wake you up so you won't feel like crap in the morning.

Download “Iris”

Mentioned melatonin it's the hormone that tells our brain that it's time to go to bed.

However, melatonin has an enemy in the modern world. It's called blue light.



The sun is the main source of blue light we're exposed to and yet it's not harmful.

Actually, looking at it helps us orient in biological meanings - when to go to sleep for example.



And here comes the problem that modern devices cause - the emissions of rays of blue light mess up with our biological clock and that leads to sleep issues.



Besides, our eyes were not designed to be directly exposed to blue light almost all day.

Therefore, they can't block it.



Your eyes need help.

That's why Iris was created. It's the world's best blue light filter.

All you have to do is download the software on your PC, smartphone, tablet...

Just give it a try for 7 days.


FREE TRIAL



✓ Iris will regulate blue light emitted from your devices.

✓ this will make your body produce the right amount of melatonin at night,

✓ so you will fall asleep faster.

 **Iris**

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2665K / 100%

57 min 34 sec until rest

Mode

Automatic

Type

Custom

Location

📍 Sofia, Bulgaria

Timer

Normal

Save and close

OFF

Use Advanced Settings