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Pursuing A Healthy Lifestyle Schedule

Emotional issues can affect both the quality of [Health And Life](#). For a lot of people stress or anxiety from their daily experiences, such as financial difficulties or family issues, can be the cause of insomnia, as well as other mental health problems. Stress can cause tension and restlessness and coupled with thoughts of worry, make it difficult for sleep to come at night.

Most of us have experienced a night of sleeplessness when we just can't seem to switch our brains off. When your mind is fixed on something it can be difficult to forget it. Try and forget a song that you've been singing all day and you'll have a task on your hands. If you have to try to fall asleep, you're probably already suffering from insomnia. Fact is, sleep isn't supposed to be forced; it's a natural process which just happens.

As we get older our lives become more complicated and stressful. Dealing with stress can be difficult and at times it can seem like there's no way out. Even a normal day can be stressful, you may not realize it building up inside you, but at the end of the day you feel tense, irritable and unable to relax enough to sleep.

From the moment you wake up you may experience stress or annoyance; you start the day with an argument about bills with the partner, you can't find your car keys, the boss is in a bad mood at work and you've got a severe backlog of paperwork to get through. Relieving stress is one way in [how to beat insomnia](#) and it can be done in a number of ways.

Stress can be damaging to mental and physical health so it's important to find release. For many, watching TV is a relaxing activity, but watching certain programs can actually increase tension before sleep. You might find that your mind races and your body feels tense. There are however many ways in which we can deal with this.

A balanced, healthy lifestyle is important and sleep is part of the body's natural cycle. What many of us don't realize is that what we do in the day affects our ability to sleep. For sleep to come naturally we need to be in a relaxed state and not one of stress and tension. Otherwise we find ourselves feeling physically and mentally charged at bedtime.

Physical exercise and breathing exercises help to reduce stress as well as self-help techniques. When stressed, counting down from ten while deep breathing is a great way to let your body, emotions and thoughts calm down. Techniques such as EFT and NLP are also effective at dealing with stress quickly.

Having a poor sleep routine can affect your natural sleep cycle negatively. This prevents you from getting to sleep when you want to. Having a good sleep routine is a simple way in [how to beat insomnia](#).

Avoid eating big meals late in the evening and avoid stimulants such as caffeine and alcohol which can disturb sleep. A disruptive sleep environment such as a noisy road, snoring partner or hot room may also negatively affect your sleep. It's important that your bedroom is made into a calm and restful place to promote sleep.

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