

Published based on [Changing Lifestyle Is The Best Way To Prevent Sleep Deprivation](#)

Changing Lifestyle Is The Best Way To Prevent Sleep Deprivation

Sleep deprivation is a widespread sleep disorder which is reaching an alarming rate in America. Scientific studies has shown that the human mind and body requires a proper sleep of six to eight hours daily. The proper amount of sleep helps to restore memory, concentration, mental, emotional and physical functions. There can be many factors that can cause such a disorder, such as too much caffeine, drugs, stress and emotional or hormonal problems. Some people used to blame it on tea but this happens to be a false conception. Teas are generally healthy and organic ones such as [organic white tea](#) and [organic rooibos tea](#) aid to fight off the laziness due to lack of sleep.

There can be many types of sleep disorders and causes may also be unique in every case. However, the effects are always bad and sometimes equal the effect of being drunk. A person, after many days and week of sleep deprivation might act strangely and badly. They are not able to do well, both professionally and socially.

There are many sleep disorders which are actually incurable without high dosage of relaxing and sleep inducing medicines. Yet, at times changing your living routine can play a very important role in fighting off the problem. Here are few pointers that can help you in getting an undisturbed and proper cycle of sleep. These tips are not only for the ones already suffering from the disorder but will also help in preventing sleep deprivation rather than cure it.

- firstly, try to set a proper and regular waking up and sleeping time. This might help you get in an automatic cycle. As a matter of fact, when your body follows a regular timetable, the mind automatically starts working as an alarm clock.
- Work out few hours prior your bed time will stimulate and energize your mind and body. This might prevent you from falling to sleep at a proper time. It is appropriate to postpone the exercise routine for early hours of the next day. Exercising will make you active when you actually need to be asleep.
- Coffee and tea are effective in wearing off the whole day's fatigue but its okay if you are exhausted near the bedtime. Caffeine and nicotine must not be consumed when your bed time is near.
- Good to be tired before going to bed doesn't mean you should do not needed stressful and tiresome work before going to sleep. Otherwise, that will be exactly like exercising and might make you more alert rather than sleepy.
- If you are already having problems in sleeping at night, eliminate all the day time naps from your schedule. And if you really need one, just go a for an instant power nap once in a day.
- Avoid eating too much food, especially junk, before bed time. A digestive system taken in work might prevent you from falling asleep. If you really are starving, then go for food with higher fiber content.
- A shower anytime can make you feel refreshed but a warm bath before bed time can help ease your body from stress and fatigue. This makes it easier to comfortably fall into a complete sleeping position.

You can also find this article published on [Changing Lifestyle Is The Best Way To Prevent Sleep Deprivation](#) , and on the tag pages [organic rooibos tea](#), [organic white tea](#).