



Nutriden Inc. Releases New Tips on Behaviours to Avoid for Better Sleep

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Nutriden Inc. the Calgary, Canada based nutrition supplements brand has just released research backed tips on behaviors to avoid for getting better sleep as a part of their sleep awareness campaign.

According to Tom Schumlich, CEO of Nutriden Inc., "Chronic insomniacs and people with disturbed sleep cycles are known to wake up multiple times during the night. But the right habits can ensure that these people get a good night's sleep, without requiring the help of sleep aids."

A person shouldn't wait until they are tired to go to sleep. By following a set schedule for sleep on an everyday basis, a person can adjust their circadian rhythms to their sleep schedule thus allowing for an undisturbed night of sleep on a daily basis.

Many people wake up in the middle of the night. According to the National Sleep Foundation, the average person wakes up about 10 times throughout the night. The worst thing a person can do in this situation is waking up and following their normal daily routine. A person should think of their sleep as a time to rest and regain strength in the body, a frame of mind that makes it easier to get back to sleep.

Another misconception about getting good sleep is that a little alcohol consumed before bed can help a person get better sleep. While it is true that drinking alcohol can help a person fall asleep quickly, the chemical adenosine that is released while consuming alcohol ensures that a person gets a disturbed sleep throughout the night. Many bathroom trips are also bound to keep one awake as a person's body will try to flush out the toxins during the night.

Counting sheep can also cause a distraction as it keeps one from falling asleep, instead of the other way around. Counting anything can raise anxiety as the count goes on, but visualizing something can be beneficial. Thinking about the perfect vacation or floating on a boat are two visuals that will not cause fretting or nerves.

Everyone has trouble sleeping every now and then, the key is to practice the best habits that ensure a good night's sleep. To learn more about different sleep issues and the various treatments available for healing them, visit Nutriden Inc.'s official website or log onto its Amazon storefront.

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Nutriden Inc

Nutriden Inc. is a privately held company committed to providing its customers a brand Nutritional Supplements that is first and foremost safe and of the highest quality, potency, and efficacy.

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