25 Ways to Fall Asleep

1. Blow bubbles
Whether you have kids or not, make it a point to keep plastic bubble bottles. Blowing bubbles works in two ways; it relaxes one's mind and hypnotize at the same time.

2. Self-hypnosis
The mind needs to be at peace if we are to catch any sleep. Self-hypnosis techniques are aimed at calming the mind and freeing all other thoughts driving us into a deep sleep.

3. Do yoga
Try quick and brief Yoga moves before you sleep. It help to relax the body and put it into a restful state.

4. Try meditation
Meditation help us to focus on a central idea without letting other thoughts bother us. Basically, it triggers the brain to shift slowly from the consciousness into unconsciousness leading us straight into sleep.

5. Read a book
Reading a book is a common activity that keeps your mind focused. However, try not to engage too deep into it; where possible, read a boring one to lull yourself.

6. Cool your room
Cooler temperatures in your room can slow down your body's activities rendering it weak, hence susceptible to sleep.

7. Dim the lights
Make sure the main lights in your bedroom are switched of or dimmed out.

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8. Force yourself not to sleep
Reverse psychology is a trick that can work for us in many situations. If you convince yourself not to sleep, you'll cast away anxious feeling which inadvertently invites sleep.

9. Play soothing music
Playing soft music at a low volume is effective in carrying your thoughts away into slumberland. Play music of your liking provided it's soft.

10. Do some exercise
Exercises serve two purposes; one, they can help you feel tired which increases your chances of falling asleep. Two, it help to cast away stress and other worries.

11. Hide your clock/phone
If for any reason you can't catch some sleep, keep off your phone. You'll only amplify your anxiety and frustrate any efforts you put in to sleep.

12. Make your room cool

The temperature of the body controls a multitude of body activities. A low room temperature will switch off most activities in the body which makes you feel clumsy and heavy-eyed.

13. Perfume your room with lavender
Lavender essence has an aroma that can put you into a relaxed position readying you for sleep. It also lowers the blood pressure which results in decreased anxiety rate.

14. Wear socks
Cold feet are a recipe for insomnia. Put on some socks to keep your feet warm. Alternatively, you can soak your feet in warm water before you go to bed.

15. Practice muscle relaxation
Just like yoga exercises, muscle relaxation aids the whole body to feel relaxed particularly after tense moments.

16. Use candles during dinner
Bright lighting has an effect of tricking your mind into thinking that it's still daytime. The dim light from candles will relax you and prepare your mind to sleep.

17. Do some counting
One way to keep worries and streams of thoughts from dominating your mind is through counting. Count from wherever you want and go on until sleep takes over you.

18. Visualize your favorite place
Thoughts can easily sway the brain to remain active until the morning lights come in. Try to visualize yourself being at a place you like and doing things you like and you'll peacefully log out.

19. Immerse your head in cold water for several seconds
Dipping your head in water triggers a phenomenon called Mammalian Dive Reflex. This phenomenon lowers anxiety by lowering your heart bit rate and blood pressure giving you an easier time to doze off.

20. Take a warm shower
Sweaty bodies can make one take a longer time to sleep. Taking a shower will make you feel calm and get drowsy quickly.

21. Eat light snacks
Avocados, almonds, milk-based drinks, and bananas are a few of the foodstuffs you should use during sleep time. They will make you feel drowsy.

22. Avoid caffeine
Stimulants should be avoided several hours to bed. You should only take caffeine when you want to stay active.

23. Act a movie with your imagination
Imagine you are starring in a movie, do some fantastic heroic stuff and kick some crooks. You will definitely fall asleep before your movie gets an ending-of course you can always pick it up from there the next day.

24. 4-7-8 breathing exercise

Breathing in and out at a set sequence is useful in slowing one's heart rate, blood pressure and stress level paving the way for one to sleep peacefully.

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