How to Sleep Better: 25 Tips for a Good Night's Sleep

Our minds know why we need a good night's sleep. But our bodies don't always cooperate. Here's how to get your brain and body on the same page so you can get the good night's sleep you need.

Sleep is science's signature way of saying that we busy humans, like all animals, need to rest our bodies and our minds.

During those hours of slumber, our minds do some important work. Sleep fighting the common cold or repairing damaged tissue. Unleashing incredible creativity and solving tough problems. Consolidating memories and learning information, solving tricky tasks, and even getting a bright idea.

Simply put: Without good nights' sleep, we can't think, feel and perform our best. Sleep deprived, our brains don't work as well, our bodies don't heal as well, and our moods don't as well.

Unfortunately, trouble sleeping is a national epidemic. According to the Centers for Disease Control and Prevention, 35 million people in the U.S. have trouble falling and staying asleep. Sleep deprivation is a public health concern, linked to increased risk of chronic disease, decreased productivity, and even drowsy driving accidents. Among other problems.

So if they really mean how they say it is possible to sit down and fall asleep, Zen is a good place to start. Zen is a state of mind that's all about being present and being at peace with what is. Zen is also a state of mind that's all about being fully alive and being at peace with what is. Zen is also a state of mind that's all about being fully alive and being at peace with what is. Zen is also a state of mind that's all about being fully alive