



EXPLORABLE
Think Outside The Box

Published on *Explorable.com* (<https://explorable.com>)

[Home](#) > You and Your Sleep

You and Your Sleep

Liya Panayotova, Psychologist, [liyap.com](#) 8.5K reads

If you're reading this, chances are you have trouble getting enough sleep, staying asleep, or do not feel rested enough after sleeping. Whatever your sleep problem is, there's something you've got to know: you're not alone.

There are millions of people who have chronic sleep disorders and whose quality of life is affected by them. Sleep problems are a current issue that needs your attention, whether you are the one suffering from it, or a loved one is. Since sleep is vital to both physical and mental health, the lack of it is a serious problem that needs to be looked into.

The good news is that sleep problems are treatable, and there is quite a lot you can do, by yourself, to improve your sleeping habits and have a full night's rest.

EXPLORABLE
Quiz Time!

Quiz:
Psychology 101 Part 2

Quiz:
Psychology 101 Part 2

Quiz:
Flags in Europe

[See all quizzes ⇒](#)

What Should You Expect?

This space has been specifically designed to teach you all you need to know about sleep. You'll find everything from how it works, to its benefits, and the types of sleep disorders. Last but not least – we'll share a lot of tips and scientifically proven techniques, that you can apply on your own. This way you will be able to improve your sleeping habits, to feel rested and energized, the moment you wake up in the morning. Let's leave your sleep problems behind!

Work for It!

Of course, this won't be just about reading. Even though you will be provided with all the information, structured in a coherent way, you have to take matters into your own. Reading is not enough – you need to consciously and consistently apply the techniques you'll find here.

You are about to embark on a journey, which contains a lot of information on sleep. However, more importantly, you will discover what you can do to get rid of your sleep problems, with the help of tips, time frames, and instructions.

How to Use It

Each article can be regarded as a stand-alone, and even though you could read them in whatever order you prefer, we highly recommend that you follow the preset order. This way, you will likely find their progression to be more comprehensible. The order of the articles has been carefully selected, to systematically guide you through the information. In the end, you'll also find a bonus list of other helpful resources, in case you want to learn more about sleep.

Commitment Is the Keyword

Naturally, none of this would ever be possible without your commitment on your part. Whether you internalize only small bits and pieces of information, or you learn everything by heart, what truly matters is the application. Unless you work to put to practice what you have learned, it is highly unlikely that your sleep issues will change. After all, we can't expect a life change from just reading about it – we have to apply it as well.

However, if you're here, it means that you've got what it takes to apply what you'll learn in real life. By choosing to improve your awareness on the topic of sleep, you've already demonstrated determination and proven that you are interested in your health. So, keep a positive attitude and give yourself a pat on the back before starting, because you have already taken the first step towards a better life.

No, we're not exaggerating - sleeping well has plenty of benefits for your mind and body that will surprise you. Let's get straight to them!

Source URL: <https://explorable.com/e/you-and-your-sleep>