

Beat: Health

## **Battle insomnia with a little pre-bed activity.**

### **Activity before bed help one to sleep**

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**USPA NEWS** - A new study finds a little activity every night before beds helps a person fall asleep and stay asleep. As little as 5 min of activity consistently is all that is needed. Can be as simple as walking a few hundred feet outside, some stretching etc.

According to the journal of clinical sleep study: (<http://www.aasmnet.org/jcsmViewAbstract.aspx?pid=29078>) All one needs to do is a little activity within 10-20 minutes of laying down. With that activity the results are amazing and over 90% of those studies were able to sleep and stay asleep a lot faster than normal.

"It's a long-term relationship," explains sleep psychologist Kelly Gklazer Baron , who led the study. The benefits are worth the wait."

Add 30 min of activity and the results were even better than sleep drugs. After 3-4 months, adding 30 minutes of exercise, three times a week, bumped up insomniacs' sleep by about 45 minutes each night, Baron says. "That's huge. It's as large or larger an effect than what you see with.

Most patient don't want to exercise initially however after a few months of at least 3 days a week the patients slept better, felt better and actually wanted to exercise more and a bonus they got better health and some got leaner and or lost a little weight.

Several studies in the lab have found that working out right before bed may make it harder to fall asleep, Baron says. A recent by the National Sleep Foundation challenged that long-standing belief. Initially this may be true but with consistency the results change and actually benefit a patient.

To get over the "too-tired-to-exercise" trap, Baron suggests planning your workouts in advance or leaving notes around the house reminding you it's worth the effort.

### **Article online:**

<https://www.uspa24.com/bericht-1361/battle-insomnia-with-a-little-pre-bed-activity.html>

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