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Put Anxiety to Bed

If you are one of the many adults in America having trouble sleeping at night it might be because you are stressed out. Most of the sleeping problems are because of stress. Here is a list of some of the most common things that can get you stressed out before bed and ways to prevent them.

Quick show of hands: Who has spent a bleary night tossing and turning in the past month? You're in good (albeit cranky) company: According to the 2009 results of the National [Sleep](#) Foundation's annual Sleep in America poll, 64 percent of adults in the U.S. have trouble sleeping at least a few nights a week, and 41 percent say it's a nightly occurrence. What's more, the same survey found that women are 10 percent more likely than men to report insomnia.

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