

Published based on [Six Steps to Better Sleep](#)

Six Steps to Better Sleep

Do you have trouble sleeping? Know matter what you do you still can't go to sleep? Well, if so then read this guide to help you sleep. This guide has 6 simple things you can do to help yourself fall asleep faster.

It's 3:00 a.m., and your mind is bubbling over with thoughts: I need to get to sleep. Why can't I just fall asleep? I'll screw up that presentation at work if I'm too tired. What if I get sick from all of this lack of sleep?

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