Trouble sleeping?

Just ask our readers for some advice!

Last month's survey did just that. We got so many answers, we couldn't print them all. But below you'll see a sampling of some of the answers.*

Thank you to everyone who sent in their sleep remedies. And good luck to all in getting a good night's sleep!

1. Try to increase your exercise level, which should help decrease any stress that may be hindering the process of falling asleep. Don't exercise too close to bedtime because it will "rev you up." Gardening is a great exercise because you have the benefit of physical exercise plus the wellbeing you receive when you see the results of your hard work.

2. This helps me - read with my e-reader until my eyes get blurry and then put it away and take 5-6 deep breaths to relax body if necessary.

3. I would make sure to cut out any form of caffeine several hours before I start getting ready for bed. Get in to a routine so my body and mind known when it should shut down for rest.

4. My sleep better check list: Start 2 hours before laying down: no more food, slow down my activity level, put a note pad and pen on my nightstand, lay out clothes for morning, pack lunch, wash face and brush teeth, put on pajamas, set clock alarm, sit down and journal, read the Bible, say my prayers, sleep well.

5. Turn off all interactive electronics (smart phones, PC's, video games, etc.) at least an hour before getting ready for bed. I have found that this makes a big difference.

6. This is exactly what I face. I do the following to improve my sleep: 1) Sleep in a bed by myself, 2) keep the room from getting too warm, 3) use a white-noise generating device, 4) relax in bed and read something I enjoy (on paper, not on a screen) for a half-hour or so, 5) eat well so I don't feel bloated, and 6) try to exercise for at least a half hour after work (but not close to bedtime).

7. You need to have a clean and calm mind and body to have a sound sleep. Here are the steps I follow to have a good night sleep. 1. Take hot shower in the evening once you are home from work. 2. Have an early dinner at least 2 to 3 hours before bed time. Drink warm milk before bed, if you feel hungry. 3. Do a review of what you have done today and what are your plans for tomorrow. This plan will set a clear map in your mind and avoid unnecessary stress on your mind. 4. Avoid looking at electronic gadgets at least one hour before sleep time. 5. Read a book or listen to soothing music for some time.

8. I stopped drinking coffee and any caffeine after noon and sleep has been much better.

9. A good rule of thumb is to limit exposure to "blue light" usually emitted by computer monitors and phone screens. I use the "night shift" feature on iOS devices and have filters on my screen via apps or physical filament during the night hours to limit blue light exposure. "Blue light" inhibits melatonin production, a key element your body uses to "wind down" for the night. Quality of sleep, not quantity, is what leaves you well rested or miserable. Melatonin levels provide quality sleep. Hope this helps.

10. I usually find myself tossing and turning because I am thinking about an issue or things I need to get done. I started to keep a notebook next to my bed so I could write down my thoughts. Most of the time, it allows my brain to "shutdown" and I can get some rest.

*Remember: the suggestions above are voluntary ideas from our members. They do not represent professional advice.

11. I do a few simple arm, neck, and leg stretches for a couple of minutes once in bed, then close my eyes and breathe slow and deep while imagining a peaceful place (beach at sunset, forest after a rain, etc.). Finally I grab my pillow and curl up. If I wake during the night I repeat the bedtime ritual. Does it always work? No, but quite often it does work. Also, I had a visit with my family doctor to be sure there was no medical issue. Sometimes our brains just don't shut down from over stimulation before bed - turn off the electronics! Enjoy a small warm beverage - even if just a cup of warm water or tea. If a lot of stresses in your life - deal with what you must, delegate what you can, unclutter what you can, and sometimes you just need to cut loose things/people that aren't good for you. Good Luck in finding what works for you.

12. Practice good sleep hygiene. No electronics for at least half an hour before bed and no television in the bedroom. Take that half hour to relax, prepare for bed; maybe meditate or read. Routine is important, try to go to bed at the same time every night. Taking these steps has helped me with my chronic insomnia.

13. Keep your room dark with a cool temp, no TV, and run a fan for white noise.

14. 1. Assess my waking life regarding food, caffeine and exercise. 2. Have a set bed time and stick to it. 3. Have a cup of Sleepytime tea before bed. 4. Once awake at night, get up out of bed, perhaps read until you are sleepy, then go back to bed. 5. Realize that I will not sleep like a teenager, unless I am one.

15. I have a dog - so a slow walk prior to turning in is a must. Nothing fast, as that would up your adrenaline levels. Also, I was told no cell phones, I-Pads, TV's, or computers for an hour before bed time since they have a blue light background which affects our serotonin levels. Meditation is another good method of dropping your anxiety level. Or get a "night beach sounds" tape to play. Some people prefer a "rainfall" tape.

16. I try to get into bed at the same time every night so that I have a consistent schedule. Also, I use a nightlight in the living room just in case I do wake up during the night. It is far enough away not to be distracting. I drink a sip of water before laying down so I feel hydrated.

17. I used to have the same issue! Most importantly, I work out at for an hour every day. I do not eat any sweets after 1 o'clock . Before I go to bed, I drink some hot Chamomile tea. That usually does the trick! If you're still having issues, try some essential oils. Lavender is very calming. Rubbing it on your temples can help tremendously. They even have Chamomile essential oil! Try to get yourself in a routine. Give yourself a time to go to bed and try to follow that routine every day. Hope this helps :)