10 Natural Ways to Sleep Better - Healthline National Sleep Foundation Sleep Resolution Poll Even so, almost 30% of respondents are still not sure what to do to get a good night's sleep. In general, most Sleep tips: 7 steps to better sleep - Mayo Clinic 37 Science-Backed Tips For Better Sleep Tonight - Huffington Post How to get to sleep - NHS Choices Oct 20, 2015. Rather than suffer through the day feeling groggy, here are 12 science-backed habits that can help you get a good night's sleep — tonight. How to Get Better Sleep (and Need Less Every Night) - Lifehacker Apr 7, 2014. Sleep better every night with these simple tips. Not surprisingly, women tend to get less sleep than men do overall, says Marianne Legato, - Business Insider Three Methods:Developing a Schedule & RoutineKeeping Good Sleep Habits - by 7 for work, so to get 8 hours of sleep a night you need to go to bed by 11. 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