**Five Ways You Can Get More Restorative Sleep**

Want more energy? Then the very simplest and most effectiveway to accomplish this is to sleep better and to sleep more. Of course this is somewhat easier said than done however if you’re someone who struggles with their sleep, or if your sleep hasn’t been as deep or as rewarding as it should be.

If you find yourself in that situation, try these five tips that should help you considerably with the quantity and quality of your rest:

**1- Go for a Run**

Not when you’re about to go to bed but earlier in the day. This will help you to burn more energy, thus making you more tired when you hit the sack. At the same time, if you take your run outdoors, then you should find that the combination of fresh air and daylight also help you to sleep better as well as to regulate your internal body clock.

**2- Have the Window Slightly Open**

Commonly people make the assumption that they will sleep better if they are warm. While you want your body temperature to be warm though, the ideal surrounds are actually slightly cool. This emulates the way we would have slept in the wild and helps us to better regulate our temperature.

**3- Take a Hot Shower**

Taking a hot shower right before bed will help you to relax your muscles and at the same time will stimulate the release of sleep hormones like melatonin. It also increases the production of growth hormones, also associated with better sleep and recovery.

**4- Have Half an Hour to Relax**

Half an hour before bed, take your phone into another room and plug it in. At the same time, turn off the TV and make a conscious effort to relax and to do something that you will enjoy. This will help you to unwind and to let go of the stresses of the day. What’s more, the lack of bright screens will help you to avoid stimulating the production of cortisol.

**5- Take ZMA**

ZMA is a supplement containing zinc, magnesium and vitamin B6. It is used by a lot of bodybuilders as a means to increase their testosterone levels to enhance muscle building and recovery. At the same time though, it also has the added benefit of encouraging deeper and more restful sleep. Take two capsule half an hour before sleep on an empty stomach and you might notice an improvement.