**Boosting Sleep for Internet Marketers**

If you’re a full-time internet marketer, then there’s a good chance that you are fully self-employed and that you work from home. This is one of the truly great advantages to this kind of work and it’s amazing the freedom that it affords you.

Problem is that it can actually end up being a little bit *too much* freedom for some people. That is to say that you can find you miss the regimented nature of working for someone else in some ways and find that this impacts on your life in some negative ways.

One of the big ones? Finding yourself waking up at 10am or later every day and ending up working all night as a result! If you want to be as productive as you can be and have the time to enjoy your life outside of work, then you need to fix yourself to a more rigid structure.

Here are some tips on how to do that…

**Consider Supplementation**

Certain supplements can give you a massive boost in performance and able you to accomplish much more as a result. One such supplement is magnesium threonate, a form of magnesium that more readily reaches the brain. The reason this is so good for sleeping, is that magnesium can relax the body and is also known to make people drowsy. The magnesium in milk is one of the things that makes it a great sleeping aid! It also enhances learning, so that’s no bad thing!

**Regulate Your Temperature**

Temperature can be one of the big challenges when trying to get to sleep and stay there. One way to somewhat fix this problem is to make the room cooler, as we tend to sleep better when it is cool rather than hot. Another life changer is to have a bath just before you go to bed. This will help to relax the muscles again, as well as regulating your temperature better.

**Use a Daylight Lamp**

A daylight lamp is a light that comes on gradually in the morning as an alarm clock. Better yet, the light that these produce is a closer wavelength to the light produced by the sun. This means that it will help you to gradually come around in the morning and stir you out of sleep. Better yet, when you do wake up, it will be light – thus making it easier for you to get up and reducing the amount of ‘sleep inertia’ you face.

**Take Time Out Before Sleep**

Another tip is to take some time out before bed. Specifically, we’re talking about time out from work and from phones, computers and other technology that creates light. This also creates light similar to that from the sun but in this case, that’s bad news because it’s *night time*. In short, this upsets your biological clock making it harder to get to sleep and this is made worse by the fact that we associate technology with work and shooting things! Avoid it and read a book instead for 30 minutes.