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Go to sleep peacefully with these tips

A good night's sleep is vital to good health: Without it, fatigue and loss of concentration can lead to accidents. Experts say lack of sleep may also contribute to health problems such as heart disease, diabetes, and obesity. To get your 40 winks, follow this advice:

- Keep a regular schedule. Going to bed and getting up at roughly the same time every day makes falling asleep easier. Establish a bedtime routine that prepares you for slumber: Drink a glass of milk or herb tea, read something relaxing, or listen to quiet music.
- Exercise. Regular aerobic exercise reduces stress and helps your body relax when it needs to. Just don't do a workout right before you go to bed. Exercise at least 4–5 hours before bedtime for the best effects.
- Limit your eating and drinking. You don't want to go to bed hungry, but avoid large meals right before getting into your PJs. Watch your intake of stimulants like caffeine or nicotine, both of which can keep you awake. Alcohol may knock you out, but it disrupts the body's normal sleep patterns. Drinking too much water can rouse you to go to the bathroom in the middle of the night, and going back to sleep may be difficult.
- Don't force it. If you don't feel yourself dropping off after 15 or 20 minutes, don't lie there worrying. Get up, go to another room, and read or listen to gentle music until you feel drowsy. Though most experts advise against watching TV right before sleep, you may find it easier to relax if you watch something that's not too stimulating.
- Keep your bedroom comfortable. Create a dark, cool environment for sleeping. Make sure your mattress and pillow aren't causing problems. If you work at home, don't locate your office in the bedroom—the presence of work-related stimuli may feed stress and anxiety.
- Limit daytime naps. If you really can't keep your eyes open during the day, take a quick nap of 30 minutes or so, but don't sleep for hours. Long naps can interfere with your ability to sleep at night.
- Sleep facing north. Some people contend that sleeping with your head pointed north aligns your body with the Earth's magnetic field and makes sleep come more easily.