

**As many as 70 million Americans suffer from sleep deprivation, regularly getting fewer hours of sleep than they need.**

# Are You Ready For More Rest?

**Q:** Can having a glass of wine before bed help you to fall asleep better?

**A:** While having a drink before bed may initially sedate you, it can disrupt sleep later in the night leaving you tired and groggy in the morning.

**Q:** Do certain medications I may be taking have an affect on my sleep?

**A:** It's very possible. Some drugs prescribed for heart conditions, blood pressure, & asthma – as well as some over the counter remedies for coughs, colds, or allergies – may interrupt sleep. Ask your doctor about comparable substitutions.



**Change Your Sleeping Habits** - Make your bedroom sleep-friendly – cool, dark, quiet and uncluttered. Go there only for sleep so that the body feels an internal need for Z's whenever you enter the room. If you drink coffee or caffeinated beverages, be sure to indulge only in the morning. It can stay in your system for as long as 20 hours!

**Reset Your Body Clock** – Go to bed each night at the same time & set your alarm for the same time each morning, even on the weekends. Sleeping in late actually throws your body's natural rhythms further out of sync. Light therapy is also a promising treatment for correcting a mixed-up body clock. Studies show even an hour exposure to bright light early in the day may help bring on sleep easier in the night.

**Fix Your Snoring** – Losing 5-10 pounds can improve sleep-disordered breathing in most people. However, if you don't need to lose weight, try sleeping on your side or your stomach. Sleeping on your back can allow the tongue to fall backward into the throat making a smaller passageway for air. Bedmates of snorers may find relief in a good pair of earplugs or a loud fan.

**Get Daytime Energy** – Research shows that a 10-30 minute nap (longer may make you drowsier) can recharge your batteries better than a shot of caffeine! Be sure to get regular daytime exercise as well. You will not only feel energized during and after your workout, but it will help you sleep easier and more sound at night.

- MSN Health & Fitness

