

health hints

A Good Night's Sleep

(NAPSA)—There's encouraging news for the millions of Americans who, for one reason or another, don't get enough sleep: A natural solution has been found to help people catch up on their zzz's.

While there are many ways to combat sleeplessness—an estimated 49 million prescriptions for sleep medication were filled in 2007—people are increasingly discovering how music and sound can be used to enhance health and well-being by promoting a good night's sleep.



A CD with calming music has been shown to be a natural, simple and effective sleep solution.

For example, a popular CD from The Relaxation Company—"Peaceful Music for Sleep"—uses a clinically proven "delta sleep" audio process, developed by Dr. Jeffrey Thompson, to quiet the mind and calm the body, helping people fall asleep, stay asleep and wake up refreshed. To date, more than a million people have benefited from using Dr. Thompson's innovative musical programs.

"Peaceful Music for Sleep" is available at Target stores and at www.therelaxationcompany.com.