

SLEEP ON IT

TIPS ON GETTING A GOOD NIGHT'S REST



Deep Breathing Device Helps Many Doze

(NAPSA)—If you find yourself tossing and turning at night because of financial worries, you're not alone.

A recent study found that an estimated eight out of 10 Americans are now anxious about personal finances and the economy. Many are losing sleep over it.

Fortunately, a Portland, Oregon inventor has developed a way to harness the time-tested power of deep breathing, specifically for tired Americans who desperately need to fall asleep.

His device, known as NightWave, uses a soothing blue light to guide a person in a routine that is very much like having your own private relaxation coach.

After a few minutes of practicing this relaxation breathing while lying in bed, most find it easy to roll over and drift into dreamland.

The study, conducted by the American Psychological Association, found that financial anxiety now topped the typical complaints that patients bring to their therapist's office.

More than half of the 7,000 persons who were surveyed said that mounting anxieties were causing them to lie awake at night and to feel fatigued.

In a separate study, the American College of Occupational and Environmental Medicine took a look at fatigue in the workplace and interviewed nearly 29,000 employed adults. A significant number said they experience low energy, fatigue and poor sleep.



For those who have trouble going to sleep at night, a new device may be a dream come true.

Interestingly, sleep researchers now know that a good night's rest does more than just refresh. It actually makes us more creative. When faced with some kind of puzzle in life, we say we're going to "sleep on it," because during sleep, the brain recognizes new possibilities, associations and perspectives. But in order to enjoy enhanced creativity, one must enter a state of restful sleep in the first place.

NightWave works by reversing the vicious cycle of worry, followed by loss of sleep, followed by fatigue, followed by more worry.

It does so by introducing a specific form of deep breathing borrowed from yoga, now practiced regularly by an estimated 16 million Americans of all ages.

By turning one's attention to the slowly oscillating light reflected on the bedroom ceiling and to the physical sensations of deep breathing, the restless mind shuts off and you fall asleep.

The device is not yet available in stores. See www.NightWave.com.