

School Days

Managing The Family Schedule

(NAPSA)—According to the U.S. Census Bureau, approximately 55 million elementary and high school students across the nation are in school this year.

Parents can avoid school stress by making sure everyone gets enough sleep.

Researchers have found that sleep is critical for reasoning ability, memory and health. According to sleep specialist Dr. James Maas from Cornell University, "Sleep is just as important as nutrition and exercise in preparing the mind and body for peak performance."

It's easy for parents to forget just how stressful the classroom can be for students of any age. Grades, exams, extracurricular activities, getting into college—these are just some of the things that keep students, and parents, up at night.

Kids and parents who have difficulty falling asleep because of a change in bedtime, school worries or overstimulation can use an all-natural solution to bring vital nighttime rest, while training the body and mind to better cope with daytime pressures.



For parents and kids plagued by sleepless nights, there's time-honored relaxation advice: Take a few deep breaths. Deep breathing is safe. Most stress-reducing classes recommend deep breathing. Yet until now, the technique has been difficult to do in a sustained manner without a coach.

The NightWave sleep assistant provides a gentle, silent breathing cue that gently ebbs and flows using a soft blue light in the bedroom. With this unique approach, many users actually regain the ability to fall asleep naturally. This way, the body and mind can recover from the stresses of school life each and every night.

For more information, visit www.NightWave.com.