

Sleep On It

Six Tips For Sleep

(NAPSA)—More restful sleep may be just a few simple suggestions away tonight.

According to a National Sleep Foundation survey, 60 percent of American women say they sleep poorly most nights. Fortunately, you



don't have to take insomnia lying down. Here are hints that may help from *Ladies' Home Journal* magazine, celebrating its 125th anniversary this year:

More tips for better sleeping can be found in the March issue of the magazine or at LHJ.com.

- Exercise around 5-7 P.M. to reduce stress and induce tiredness.

- Start dimming the lights around 7 or 8

P.M., suggests Marcel Hungs, M.D., Ph.D., to get your body primed for sleep.

- Put a couple of drops of lavender oil on a handkerchief and tuck it into your pillow, suggests Cherie Perez, R.N.

- Drape a towel over your alarm clock to block out the glow.

- Soak in warm water to ease the transition to sound sleep. It relaxes tired muscles and triggers a shift in body temperature.

- Bask in morning sunshine to prompt your body to suppress production of melatonin—the sleep hormone—during the day and release it earlier in the evening.

For more award-winning health tips for women and families, check out *Ladies' Home Journal* on newsstands or visit www.lhj.com.

Editor's Note: These sleeping tips are in the March issue, on newsstands February 12 to March 10.