

HEALTH NEWS

Sleep Better, Stress Less

(NAPSA)—Here's eye-opening news: Recently published research from Oklahoma State University suggests that improving quality of sleep not only reduces stress, but also helps us manage everyday stress.

“When you're stressed and tired, every aspect of your life is affected,” says lifestyle expert and spokesperson for the Better Sleep Council, Lissa Coffey. “Controlling



Herbals and other dietary supplements can be safe and effective ways to help achieve quality sleep.

stress and getting a good night's rest start with evaluating your lifestyle.”

Dr. Douglas MacKay, N.D., vice president, scientific and regulatory affairs, Council for Responsible Nutrition, agrees: “Eating a healthy diet, taking vitamins and other supplements, exercising regularly and getting adequate amounts of sleep are all part of a healthy lifestyle.”

Here are more tips to help you sleep better and stress less:

1. Eat a well-balanced diet.
2. Take your vitamins, including a daily multivitamin. Ask your doctor about other supplements, like valerian, for healthy sleep.
3. Evaluate your mattress—consider replacing it if it's five to seven years old or older.

Learn more about sleep at www.lifesupplemented.org and at www.bettersleep.org.