

# SLEEP ON IT

TIPS ON GETTING A GOOD NIGHT'S REST



## Sleep Your Way To A Better Life

(NAPSA)—Air. Water. Food. Shelter. Sleep. Five simple words—all major components in a healthy lifestyle. You wouldn't deprive yourself of the first four—so why skimp on sleep?

In our busy world, between work and family obligations, sleep is an underrated commodity that many people overlook. Americans are sleep deprived and their lives are suffering because of it.

A healthy sleep routine provides a multitude of wellness benefits, including sharpened senses, a more radiant appearance and improved immunity; unfortunately, millions of Americans are not getting enough sleep. Actress Sanaa Lathan, star of *Brown Sugar* and the Fall 2003 feature *Out of Time*, with Denzel Washington, notes, "A good night's sleep is really what helps me make it through the day. I'm constantly on the go between movie sets and I need to look my best and have lots of energy for long shoots. A night of sound sleep ensures I'm well-rested and energized, ready to face another day." What can you do when you have trouble falling asleep, or aches and pains keep you tossing and turning?

Becoming more aware of simple lifestyle factors can help make getting a good night's sleep easy, every night. Some quick tips...

- Avoid caffeinated beverages after early afternoon and stay away from alcohol at least two hours before bedtime.

- Take care of your body with daily exercise—but not too close to bedtime, or else you'll be revved



up, not ready for rest.

- Unwind from a long day and prepare yourself for sound sleep with a warm bath.

- Opt for snacks high in calcium and protein, like cheese and nuts. They contain tryptophan, an amino acid that has been shown to promote sleep.

- Put away that to-do list, and give yourself "permission" to get some sound sleep, free from worries and interruptions.

- Go to bed and wake up at the same time every day, even on the weekends. And use the bed for sleep and romance only.

- If you're tossing and turning because of aches and pains, try Tylenol® PM.

With the trusted pain-relieving medication of Tylenol®, combined with a gentle and safe sleep aid, Tylenol® PM can help put a stop to occasional sleeplessness, and it won't cause grogginess, so you can wake up feeling and looking refreshed.

For more information and other tips on sleep and well-being, visit [www.tylenolpm.com](http://www.tylenolpm.com) to download a free "Sleep for Success" Sleep Booklet.