

SLEEP ON IT



TIPS ON GETTING A GOOD NIGHT'S REST

To Seize The Day—Snooze The Night

(NAPSA)—One of the best ways to make the most of every day is to lie down and get your zzz's.

• **Ninety-five percent of Americans believe that after a tough day, they deserve a great night's sleep, according to a Select Comfort sleep study.**

Here's how to sleep better:

1. Avoid heavy meals within two to three hours of bedtime.
2. Consume little or no caffeine past noon and limit nicotine use.
3. Establish a regular bedtime and wake-time schedule.
4. Exercise regularly, completing your workout at least a few hours before bedtime.
5. Don't work, study or watch TV in the bedroom. A soothing sleep environment is dark, quiet and cool.
6. Make sure you have a comfortable bed that you long to jump into.

• **Forty-six percent of Americans have snapped at a loved one due to lack of sleep.**

Dr. Robi Ludwig says that enough sleep lets you be your best self. "A disruption of sleep can have a ripple effect on relationships and take a pretty serious toll on mood," says Ludwig. "By missing out on sleep, we are not only cheating ourselves but those around us out of getting a more effective and thoughtful spouse, friend or parent."

M.J. Ryan, author of "Random Acts of Kindness," says sleep contributes to happiness. "When we're well rested, we have more patience, hopefulness and personal fulfillment. We look at the world in a more positive way that affects our success at work and home."

Dr. John Spencer Ellis, CEO of the Get America Fit foundation,



tells busy people, "Without proper sleep, your body won't be as efficient. Being well rested can even help you manage your weight."

• **Sleep helps you manage your weight by lowering the stress hormone cortisol.**

Beauty expert Shalini Vadhera believes "sleep is one of the most common secrets of the exotic women of Asia, Europe and Africa. It's the global solution to a more youthful look, finer skin and a more glowing complexion."

• **Seventy-two percent have woken with dry skin, puffy eyes or circles.**

Interior designer Rebecca Cole says the bedroom should be the first room you redo. "Create a space with minimal light, sound and distractions that invites you to sleep. Make sure you have a comfortable bed and accessories. I recommend the Sleep Number® bed because it allows the sleepers to customize the firmness or softness they want."

Sleep Number beds have air chambers that let couples individually adjust each side. At their stores you can learn about Pressure Map technology and identify your Sleep Number. Learn more about these beds and other sleep tips at www.sleepnumber.com.