

TEST YOUR BEDROOM HABITS: EARN YOUR “ZhD”

New Sleep Aptitude Test Sets The Record Straight

(NAPSA)—No need to hit the books for this test...if you're hitting the sack. The first test you can sleep through and pass, the NyQuil Sleep Aptitude Test was developed by Dr. James Maas, sleep expert and best-selling author and professor of psychology at Cornell University.

Designed to scan your daily routine, the Sleep Aptitude Test, found on www.nyquil.com, asks targeted personal questions such as: Do you share your bed with a pet? Do you need an alarm clock to wake up? How many hours do you eat before going to bed? Based on your answers to these questions, the Sleep Aptitude Test scores your sleeping behavior and offers methods for a better night's rest. Your results might just tell you to pull the covers back over your head.

“Most people don't realize how many unusual factors affect the quality of their sleep every night,” said Dr. Maas. “Our hope is that this test will make people more aware of their sleeping behaviors in an effort to improve their sleep skills.”

According to Dr. Maas, one third of our life should be spent in slumber, because daily hibernation affects the other two-thirds of our everyday activity. With a direct effect on daytime alertness and behavior, sleep helps restore and rejuvenate both the body and the brain.

Conversely, sleep loss has detrimental effects on daily func-



tioning. In the following examples, Dr. Maas details possible side effects from sleep loss:

Lower Immunity—Sleep deprivation causes impairment of the body's natural immune cells

Mid-Day Snooze—You can not make it through the day without getting sleepy

One-Second Siesta—What, what happened? Sleep episodes that last a few seconds at a time

Happy, Sad, Depressed Oh My—Mood is one of the first things to be affected by sleep loss

Worry Wart—Increased feelings of not being able to cope, frustration, and nervousness

Home on the Range—Exhaustion will keep you inside, away from the outside world

Pack on the Pounds—Greater consumption of beverages and foods high in sugar, eaten to stay awake

Chilly Willy—Body temperature will plummet as a result of trying to stay awake very late at night

Sleep Seizures—Without

warning, unintended episodes of sleep will occur as rapidly as a seizure

Bottom Out—You become unproductive, experience memory loss, and vocabulary is reduced

“Sleep is a necessity, not a luxury,” says Dr. Maas. “If sleep is limited, our health and daytime potential are significantly reduced.” Lack of sleep can also keep the body's immune system from functioning properly, risking sickness. The Sleep Aptitude Test is being introduced at that time of year when it is most important to get ample quality sleep...cold and flu season. “The body's ability to fight cold and flu symptoms depends on its having a full night's rest,” says Dr. Maas. “An appropriate dose of a multi-symptom medication such as NyQuil, taken while sick, will relieve your symptoms for improved sleep to revive both the body and brain.”

Rest in our twenty-four-hour society is a thing of the past, Dr. Maas asserts. Four out of every ten people cut back on sleep to gain extra time for a more “interesting” agenda. NyQuil's Sleep Aptitude Test has been developed to add a few more Z's to your vocabulary and make sure you don't have to pay the consequences of sleep deprivation. Dr. Maas' Golden Rules of Sleep—four simple ways to improve your sleep are included in the test to help add rest back into your daily agenda. So log on to www.nyquil.com and set your sleeping record straight.