

Sleep Facts

Why And How To Get A Better Night's Sleep

(NAPSA)—If you ever find yourself lying awake at night, you're not alone—even if no one else is in the room. That's because, according to the Centers for Disease Control and Prevention (CDC), more than one-quarter of the U.S. population reports occasionally not getting enough sleep, while nearly 10 percent experience chronic insomnia.

Why To Sleep

Good sleep, says the CDC, can decrease the risk of sickness and weight gain. It helps you think more clearly, decreases stress, and leaves you more energetic and productive. As these qualities improve, relationships tend to improve, too.

Lack of sleep can be a problem on the job, too. A study by the Law Enforcement Survival Institute showed that in a computer simulated shoot/don't shoot situation, fatigued police officers were more likely to shoot when not necessary.

What To Do

Many sleep specialists recommend these four steps:

1. Don't drink caffeine late in the day.

2. Make sure your bedroom is a quiet, dark and relaxing environment; neither too hot nor too cold.

3. Make sure your bed is comfortable and don't use it for reading, watching TV or listening to music.

4. Take a bath before bedtime.



A good night's sleep is important for just about every area of life, from health to career to relationships.

Other, newer methods for treating sleep disorders can bring hope to millions.

For example, behavioral sleep specialist Richard Shane, Ph.D., developed the Sleep Easily solution, a proven, medication-free method quickly learned at home through audio recordings and written material. Neither hypnosis nor meditation, it teaches you five specific physical triggers that help you naturally fall asleep. You don't even have to quiet your mind. Instead, the physical triggers effortlessly relax your body, mind and emotions into sleep—even if you're stressed—so you can fall asleep, stay asleep and sleep more deeply.

Where To Turn

The system is available online at www.sleepeasily.com.