

Sleep On It

Raise The B.A.R. For Zs

(NAPSA)—If you ever feel you're not getting enough sleep, you're not alone—but you can be helped.

According to the Centers for Disease Control and Prevention, 30 percent of Americans consistently get six or fewer hours of sleep a night, while health experts note that much of this sleep is not restful. For a better night's sleep, raise the B.A.R.—**B**edding, **A**ir and **R**elaxation techniques—in your bedroom.



Down's "warmth without weight" can mean the discomfort of being buried under heavy layers of blankets is a thing of the past.

Bedding choices are key to a healthy night's sleep. Down and feather comforters and pillows come from nature, so unlike synthetics, they "breathe" and adjust to your temperature as you sleep, according to the American Down and Feather Council.

Air temperature and circulation are essential to restful sleep. Avoid stuffy rooms by letting the cool night air in and circulating it with fans. If you have a double-hung window, open the top so hot air escapes, and the bottom so cool air comes in. On cool nights, lower the thermostat to a healthier sleep temperature.

Relax before bedtime. Avoid watching television or exercising; instead, take a warm bath, read a book or ask your partner to give you a relaxing massage.