

## Tired Of Feeling Tired? Sleep Solutions For The New Year

(NAPSA)—An increasing number of Americans are waking up to a need for something they may have taken for granted—sleep.

Sleep is an important part of our overall health and well-being, yet many people suffer from a variety of sleep problems, including insomnia. In fact, approximately 30 million Americans suffer from chronic insomnia. If left untreated, insomnia can affect your health, your relationships, your mood and your work performance.

Symptoms of insomnia include having trouble falling asleep, trouble staying asleep, waking up too early, or waking up and not feeling rested. If you experience these symptoms more than a few nights a week, it's important to talk to your health care provider. He/she can discuss ways to help you get the full night's sleep your body needs.

These may include:

- Stay out of bed until you feel tired enough to go to sleep. Whenever you've been lying in bed for 20 minutes and can't fall asleep, go into another room and do something relaxing, such as reading a book. Return to bed only when you're sleepy. Only use your bed for sleeping and sex.

- Eliminate noise as much as you can. Turn off anything that may interfere with your sleep, such as radios and televisions. Earplugs may also help.

- Reduce light. Light affects the way your brain produces hormones that regulate your sleep cycle. Even a minimal amount of light can disrupt sleep. Use heavy



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shades or other window treatments that keep the room very dark.

- Control room temperature. Too hot or too cold temperatures can affect your sleep quality.

- Have a light snack, but only if you're hungry. Going to bed hungry can affect your sleep. High-carbohydrate snacks, such as crackers, pretzels or a plain bagel, are good bedtime snacks. Just be careful not to overeat; indigestion can interrupt sleep.

- No pets in bed. If your dog or cat sleeps in your bed, your chances for sound sleep are compromised.

- Ask your health care provider if medications are appropriate for you. There are safe and effective sleep aids that can help you fall asleep and stay asleep.

In 2008, make sleep a priority! You'll enjoy waking up feeling refreshed and ready to start your day. Talk to your health care provider or visit [shuteye.com](http://shuteye.com) for more information.