

SLEEP

Facts & Fancies

Tips For Getting A Good Night's Sleep

(NAPSA)—Getting a good night's sleep can be hard, reports the National Multiple Sclerosis Society: An estimated 60 percent of adult Americans suffer from sleep disorders and the percentage is even higher for those who have multiple sclerosis (MS).

Every night people lie awake, gripped by anxiety and plagued by physical symptoms. The following tips from the National Multiple Sclerosis Society's new "Sleep Disorders" brochure can help people get the rest they need—whether or not they have MS:

- Make sound sleeping a habit. Create a bedtime routine to set the stage for falling and staying asleep. Stick to a set bedtime.

- Exercise daily.
- Try relaxation techniques such as repetitive mental exercise (like counting sheep or repeating a mantra); visualization (imaging yourself in a tranquil environment) or progressive relaxation (mentally "putting to sleep" each part of your body).

- Limit caffeine, alcohol and tobacco use.
- Avoid long naps.
- If slumber is still elusive after about 10 minutes, find something quietly active to do, like reading, writing or puzzles to tire yourself out.

- The best habits and behav-

ioral remedies won't help if sleep disruptions are caused by physical problems such as PLMS (periodic involuntary limb movements), nocturia (the need to make frequent trips

to the bathroom), pain

or sleep apnea

(temporary pauses in breathing

accompanied by gasping,

choking

and snoring).

However,

effective medical

treatments

are available for

each of these conditions, so talk

to your doctor about getting to

the root about what is keeping you awake.

- If sleeplessness persists, ask your physician for a referral to a sleep specialist. Keep a sleep journal to gather information for your consultation.

The National MS Society funds more multiple sclerosis research, offers more services for people with MS and provides more professional education programs than any other MS organization in the world. To learn more about living with MS or to receive a copy of "Sleeping Disorders and MS: The Basic Facts" visit www.nationalmssociety.org or call 1-800-FIGHT-MS.

