

Getting A Better Night's Sleep

(NAPSA)—Getting a good night's sleep doesn't have to be a pipe dream—but for many Americans, it feels like just that.

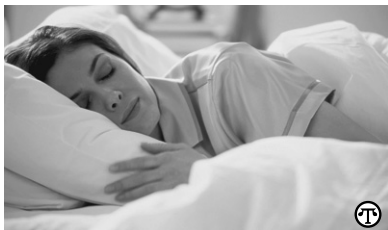
According to a survey by the National Sleep Foundation, 74 percent of Americans don't get enough sleep each night and most feel sleepy or groggy during the week. In addition, 51 percent of adults say they have problems sleeping at least a few nights a week and nearly a third have trouble sleeping every night.

Doctors say being sleep-deprived has a variety of negative effects on the body, ranging from increased levels of stress to weakened immune systems. Not sleeping can take its toll mentally as well: Studies have shown sleep-deprived people have slower reaction times and more trouble concentrating than do people who are well rested.

So what's the best way to find dreamland? Try these tips from the experts:

- Make sure your bed is comfortable and cozy. From mattress to pillows, creating the right sleep environment can help you ease into sleep. Consider splurging on some high thread count sheets or an orthopedic pillow.

- Keep the noise down. Many people feel sleeping with the television or radio on helps them get a



Taking few steps may help you get a better night's sleep.

good night's sleep, but doctors say the opposite may be true. If you need background noise to drift off, try turning on a fan or a white noise machine instead of a TV or radio.

- Be sure your nighttime routine isn't keeping you awake. For instance, many people use overnight tooth whiteners that aren't well suited for their sensitive teeth. The products can be uncomfortable and interfere with their sleep. Instead, consider a product such as Crest Night Effects Premium. The paint-on whitener is designed specifically for people with sensitive teeth.

"A good night's sleep is one of the best ways to keep your body healthy," explains Jacqui Stafford, style director of Shape magazine. "Simple things like establishing a pre-bed routine or being certain your bed is comfortable can make a huge difference in the way you look and feel."