

Sleep Facts And Figures

Drug-Free Solutions For Getting A Good Night's Sleep

(NAPSA)—Here's eye-opening news: If you ever have trouble sleeping, you're not alone. According to the National Sleep Foundation, more than half of all Americans are sleep challenged several nights per week, with 32 percent awakening in the middle of the night. Two in 10 have difficulty falling asleep in the first place, and of those who rely on sleep meds, almost half say they feel "drugged" or "foggy" the next day.

Two Solutions

Many people are turning their bleary eyes to two all-natural solutions designed to help achieve actual sleep.

Herbal Supplement

One is an herbal sleep supplement that uses natural ingredients to enable the body's sleep cycle to take over.

It's the only sleep aid made to be taken anytime throughout the night with no drowsy, morning-after side effects. The patented formula includes melatonin, an ingredient identical to that which the body produces during a natural sleep cycle, along with such calming herbs as lemon balm, lavender and chamomile.

Called MidNite, it has a short half-life in the body, so it can be taken even in the middle of the night. The tablet is chewable, so it can be left bedside and taken when needed. Studies have shown that light exposure and sensory stimulation make it difficult to fall back asleep. This unique bedside dosage eliminates the need to turn on lights or get up for water.

Sleep Training

The other is a form of "sleep training" practiced by Robert H. Reiner, Ph.D. and executive director of Behavioral Associates in New York City. With RSA (Respiratory



You'll be less likely to doze off during the day if you sleep well the night before.

Sinus Arrhythmia) training, high levels of relaxation are achieved when the heart rate climbs very quickly as you inhale and decreases quickly as you exhale. The greater the "swing" or heart rate variability, the more likely you'll fall asleep and stay asleep.

RSA also addresses underlying anxieties about sleep, which can undermine the ability to actually fall asleep. Dr. Reiner works with patients to practice the slow, deep breathing that can create the proper swing.

More Sleep Tips

Here are more ways to help yourself to a good night's sleep:

- Go to bed at the same time each night and rise at the same time each morning.
- Make sure your bedroom is a quiet, dark and relaxing environment, neither too hot nor too cold.
- Make sure your bed is comfortable and use it for sleeping, not for reading, watching TV or listening to music.
- Physical activity may help promote sleep but not within a few hours of bedtime.
- Avoid large meals before bedtime.

Keep these tips in mind and you may find you're off to dreamland in nearly no time.