

# SLEEP

F a c t s & F a n c i e s

## Best Shut-Eye Secrets



(NAPSA)—Here's a wake-up call about sleep problems. More than 70 million Americans looking for a good night's sleep spend more than \$2.5 billion a year on over-the-counter and prescription sleeping aids. Yet these sources of relief can have side effects from dependency to sleepy-driving to debilitating depression.

Here are some suggestions for anyone who suffers from occasional sleeplessness:

- Drink something warm before you go to bed.

- Stay away from caffeine, nicotine and alcohol at least four to six hours before bed.

- Create a relaxing bedtime ritual.

- Only use your bed for sleeping. Refrain from using your bed to watch TV, pay bills, do work or read. So when you go to bed your body knows it is time to sleep.

- Try a natural sleep aid. One aid, called RESCUE SLEEP®, calms your restless mind, providing natural relief of occasional sleeplessness caused by stress and repetitive thoughts. It is a new combination of the Bach Flower Remedies used in 66 countries around the world for over 70 years. RESCUE SLEEP fast-acting spray is non-sedative, so users wake up feeling refreshed, not groggy. Find Rescue Sleep in your natural health food store or nationally at GNC. Go to [www.rescuesleep.com/coupon](http://www.rescuesleep.com/coupon) for a printable coupon.

- Finally, get up and go to bed the same time every day. When your sleep cycle has a regular rhythm, you will feel better.

Good night.