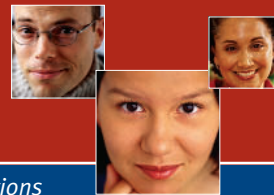


Tips for a Good Night's Sleep



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FEEL LIKE YOU'RE NOT GETTING ENOUGH REST? TRY THESE TIPS to get a good night's sleep.

Prepare your bedroom

- Make your bedroom as comfortable as possible—not too hot, not too cold. Use lightweight blankets and create a quiet, dark atmosphere. Consider an electric blanket.
- Try earplugs, soft music or “white noise” tapes to block out noise.

During the day

- Wake up at the same time each morning—whether you slept well or not.
- Avoid naps.
- Skip the caffeine (found in soda, coffee, tea, chocolate and some medications) after 4 p.m.
- Exercise—but not right before bed.

Before bed

- Go to bed only when you feel sleepy.
- Develop a bedtime routine.
- Take a long, hot bath.
- Allow some “quiet time.”
- Try practicing a relaxation technique.

In bed

- Count slowly and picture repetitive, monotonous images.
- Don't rehash worries or solve problems. Settle them before you go to bed or write them down and promise to tackle them in the morning.
- Use your bed only for sleeping and intimacy.
- If you don't fall asleep in 15 minutes, get up and do something pleasant and monotonous.

What not to try

- **Sleeping pills.** They may work at first, but their effectiveness wears off and you may find your sleep difficulties getting worse.
- **Alcoholic “nightcaps.”** They may disturb sleep patterns.

Remember that sleep needs vary with each person and with age. What seems like insomnia may simply be your body's way of telling you that you don't need so much sleep. If sleep problems persist, see your doctor.

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