



## NO MORE SLEEPLESS NIGHTS!

**Do you lie awake in bed with your mind racing? Nod off easily but then never fall back asleep? Or maybe you toss and turn all night, then wake up exhausted. Join the club: 75% of us struggle with at least one of these problems without realizing there are a few study-proven secrets to get the sleep we need—no Rx required!**

**If you have trouble falling asleep, try...**De-stressing with a tongue twister! As you lie in bed, inhale through your nose while touching your tongue to the roof of your mouth, then exhale through your mouth as you let your tongue drop back down. Repeat for two to three minutes, advises Peter Lambrou, Ph. D., coauthor of *Instant Emotional Healing*. Weird as it sounds, 80% of his patients who try this report falling asleep faster, and for good reason: Not only does this trick slow your breathing, inducing sleepiness, it also gives you something to focus on, erasing racing thoughts!

**If you have restless sleep, try...**Sipping a spoonful of vinegar. Amazing but true: One in four restless sleepers actually has undiagnosed nighttime acid reflux! In fact, sleep studies show that this epidemic of so-called “silent reflux” is the culprit behind 94% of sleep arousals and awakenings! What to do? Swallow 1 Tbs. of apple cider vinegar (mixed with water) 30 minutes after dinner. Tests show this inexpensive home remedy improves sleep quality for 50% of tossers and turners. Apple cider vinegar mimics stomach acid to speed up digestion, helping you rest easy all night.

**Tip!** How to tell if you have nighttime reflux? Symptoms may be daytime coughing, hoarseness and, of course, fatigue.

**If you wake up in the middle of the night, try...**Drinking a cup of tea an hour before bed. Hot tea won't just help you fall asleep faster, it'll help prevent nighttime waking! Credit goes to L-theanine, a phytochemical in tea that calms anxiety and stress. Research reveals that loading up on L-theanine an hour before bedtime (either through a cup of tea or a supplement) prepares your body for deep sleep and even lengthens the amount of time you're in stage-4 sleep—the most important, restorative type!

**Don't forget to SLEEP IN THE BUFF!**...Surprisingly, nightclothes are one of the main causes of disrupted sleep! Sleep studies prove that folks who snooze sans PJs fall asleep faster and stay asleep longer. The reason: Being a bit cooler causes a dip in body temperature that induces deep sleep—and keeps you slumbering all night. The proof: In one British study, 70% more in-the-buff sleepers reported enjoying uninterrupted, restful sleep than their clothed counterparts.

Bella Angel Music (Please consult your physician before trying any of these NATURAL remedies.)

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