

March 18, 2013

God Bless America



# Womans World

More for your money!  
\$1.79

## CURE INSOMNIA & ANXIETY

with ordinary H2O!

Super-saver secrets that

### CUT YOUR GROCERY BILL in half!

So fat it was hurting her kids, Tanee went on a "secret diet" and



Before: 360 lbs

# SHE LOST 200 LBS!

## Eat like she did, and you can lose 20 lbs this month!

Put this on your burger to

### LIVE 8 YEARS LONGER!

The amazing hand massage that

### LOWERS STRESS 32%!

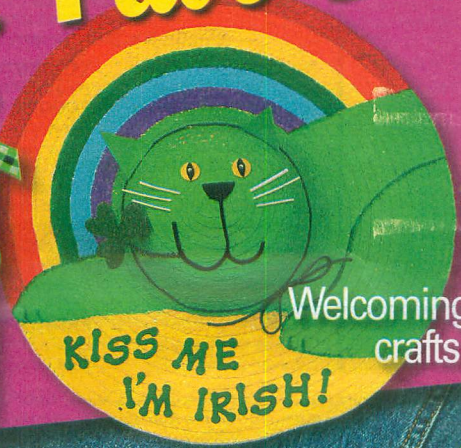
### BEAT TIREDNESS

with lemonade!

Mood-boosting manicures!



## St. Pat's Day fun!



Welcoming crafts!



Baileys Leprechaun Cake!



● Your Perfectly Organized Life

# Wish you could sleep better? Here's a surprise!

Forget what you've heard about getting a good night's rest—these study-proven tips show you can break many of the “rules” and actually *improve* your sleep!

## 1 Be active before bed!

No time for exercise during the day—but worried working out in the evening will impair your Zzzs? Not so! The *Journal of Sleep Research* reports that adults who rode a stationary bike for about 35 minutes, finishing two hours before bedtime, conked out faster and slept more deeply than when they didn't exercise. Other research shows working out even 30 minutes before bed doesn't hurt sleep; it actually helps by reducing nighttime stress!



## 2 Play a bedtime story!

The next time you awake in the middle of the night and can't fall back to sleep, instead of getting out of bed, quiet your thoughts with an audio book, preloaded on your phone or MP3 and at the ready on the nightstand. It'll distract you from

worries, paving the way to dreamland, research shows.

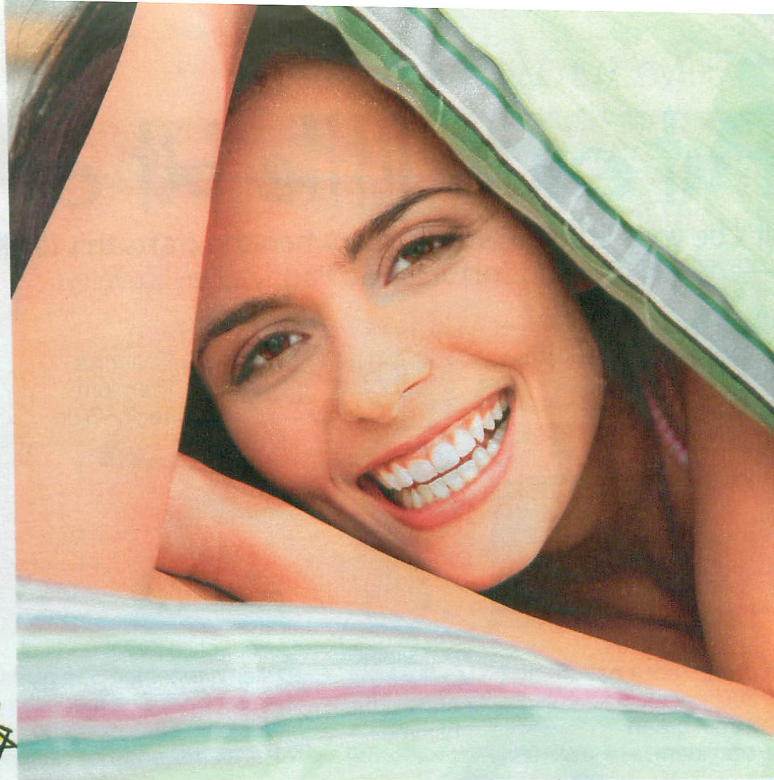
**Tip:** You can find a wide array of audio books to choose from at iTunes, Amazon.com or Audible.com, Amazon's new audio service specifically for smartphones and iPods.

## 3 Sleep in on weekends!

Think making up for lost sleep on the weekend will wreak havoc with your regular sleep patterns? Nope! Go right ahead and snooze a few extra hours on Saturday and Sunday. The proof: Adults who got too little sleep for five days straight (sound familiar?) felt happier and could concentrate better after clocking 10 hours the sixth night, the journal *Sleep* reports. “The brain has a built-in reflex that helps you sleep deeper and longer when you're sleep-deprived,” says University of Pennsylvania researcher David Dinges, Ph.D. “It also seems to genuinely restore alertness.”



Photos: Media Bakery (5); iStockphoto; Klein-Hubert/KimballStock/Kimb.



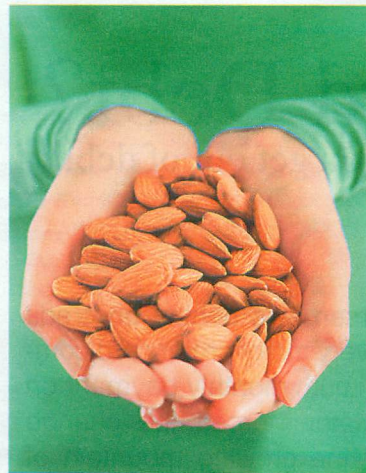
## 4 Use a nightlight!

Heard total darkness is required for the best night's sleep? A new study shows a little light might actually be helpful! Turns out, so many adults feel slightly anxious about the dark that when they sleep in a room with a small amount of light—like a nightlight—their insomnia disappears! “Now we're wondering how many people actually have an active and untreated phobia,” says lead study author Taryn Moss.



## 5 Enjoy a midnight snack!

Eating before bed has always been frowned on because of a belief that digestion interferes with sleep. Wrong! Having a protein-rich treat—say, a slice of turkey or some nuts—improves sleep! “Protein stabilizes blood sugar through the night, so you sleep more deeply,” says Jacob Teitelbaum, M.D., author of *From Fatigued to Fantastic!* “By contrast, carbs cause blood-sugar spikes and trigger the release of adrenaline, which can wake you up in the middle of the night.”



## 6 Knock back a beer!

Surprise: Drinking up to 12 oz. of beer can help you drift off faster and improve the quality of your sleep! The benefit isn't due to beer's alcohol, but to its hops, a grain that ups the activity of the calming brain chemical GABA. Other research finds hops boosts serotonin, relieving anxiety, and helps regulate melatonin. Even drinking nonalcoholic “near” beer, like O'Douls, which also contains hops, helps women fall asleep faster and sleep more deeply, research shows.

**Tip:** Don't like the taste of beer? Before bed, take a hops supplement (available in health-food stores and online).

—Shannon Hunt

