



A good sleep helps good health

WE all know that a good night's sleep helps us wake up "bright eyed and bushy tailed" but did you know that less sleep can produce an increase of hormones that stress our minds and bodies?

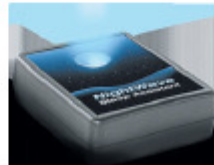
SLEEP Solutions managing director and sleep expert Glen Farebrother says there are some simple steps people can follow to ensure they are well rested:

- ★ Keep the bedroom free from distractions and stimulation — make your bed a "sleep only" zone.
- ★ Maintain a regular schedule: try to go to sleep and wake up at roughly the same time each day and try to get to sleep before midnight.
- ★ Reduce exposure to bright lights at night — try to avoid using your mobile phone or computer before bed — these stimulate you and disrupt the production of your natural sleep hormone, melatonin.
- ★ Enjoy a warm bath before bed — it will help lower your body temperature when you're in bed, which encourages sleep.
- ★ Try to exercise during the day — first thing in

the morning is ideal and exercise helps promote sleep. If you exercise outside, the exposure to bright light will also help reset your natural body clock.

- ★ Limit or avoid alcohol, caffeine and food right before bed as they can affect sleep patterns.
- ★ Take some time out for yourself each day: try some yoga or meditation later in the evening; read a book; spend time with family.
- ★ A new natural alternative to get to sleep is called the NightWave Sleep Assistant.

This is a small night light that gently pulsates, helping the user to relax through a calming breathing technique.



For further information on NightWave or to purchase, visit nightwave.com.au or call 1300 139 350.