

Have Trouble Sleeping?

Studies have shown that exercising helps people get a better night's sleep -- especially those who are over 50. People who exercise regularly generally have less trouble getting to sleep and sleep an hour longer than those who are sedentary.

If you have trouble getting to sleep, here are some tips that might help:

- Relax for an hour before getting into bed. Read, listen to music, or take a warm bath.
- Don't take work to bed with you.
- Avoid strenuous exercise within of couple of hours of bedtime.
- Keep your bedroom quiet, dark, and cool (60° to 65° F is best).
- Don't drink caffeinated beverages after dinner.
- Try to establish a regular sleep schedule.
- If you're a light sleeper, try a white-noise machine. It masks irritating noise with a hum or dull roar that is less noticeable than intermittent sounds. You can also use a fan or air conditioner to block out noise.
- Don't have a drink (alcoholic) to help you sleep. It may help you fall asleep, but your sleep will be unsettled. After a nightcap, many people wake up in the middle of the night and can't get back to sleep.

Source: *University of California, Berkeley. Wellness Made Easy, 1999.*