

[IMAGE]

Wide Awake in America

By Editorial Staff

When was the last time you enjoyed restful, restorative, uninterrupted sleep? You know, the kind of sleep that leaves you feeling refreshed and ready to take on the world, rather than leaving you with an overwhelming desire to crawl back under the covers? OK, now when was the last time you tossed, turned or otherwise failed miserably at achieving the above type of sleep? We're betting you've had more trouble sleeping than peaceful sleep, and you're not alone.

More Americans are having difficulty sleeping these days, and research is proving it. According to a study published in *Sleep Health*, a review of sleep habits among more than 160,000 adults enrolled in the National Health Interview Survey shows that over a five-year period, the percentage of adults who reported difficulty falling asleep at least one day per week increased; and the percentage reporting trouble staying asleep at least one day per week increased even more.

So, back to the sleep question: Are you enjoying the quality of sleep you deserve? Probably not ... but here are a few tips to help get your sleep ship back on course, courtesy of the National Sleep Foundation:

- Stick to a sleep schedule
- Adopt a relaxing bedtime ritual (no electronics!)
- Make sure your room is conducive to uninterrupted sleep
- Choose the right mattress, pillow and bedding

For more valuable tips to ensure you get a good night's sleep every night, visit the National Sleep Foundation [website](#) and talk to your doctor.

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