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Wake Up To The Facts About A Good Night's Sleep

By News Canada

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by: News Canada

(NC)–Just about everyone has heard that sleep is important to health and well-being, but did you know just how important it really is? The fact is, the human body can survive without food and water longer than it can without adequate sleep. Assess your own sleep needs and test your Sleep IQ with the quiz below.

1. Do you know the cause of your stuffy nose, puffy eyes, and sneezing when you wake up in the morning? nothing, it's normal the onset of a cold my bedding

Answer: c

It's often dust mites, mold, and mildew lurking in your bedding that cause these allergic reactions. Dust mites, mold, and mildew thrive in the damp and moist environment of your feather and down pillows and bedding. These fills trap moisture and create a clammy atmosphere that allergens love. Wool, however, is hypo-allergenic and absorbs moisture then releases it quickly into the environment keeping you and your bedding dry – all night long. Wool's remarkable ability to absorb moisture is important as the average person loses up to a pint of moisture a night while they sleep.

2. Do you know why your joints are achy and stiff in the morning? not enough sleep excessive tossing and turning all of the above

Answer: b

Excessive tossing and turning is often the cause of aches and joint pain. According to an Australian study, the average person tosses and turns 45 to 50 times per night. This disrupts sleep and causes joint pain. The study also showed that participants who slept on a wool mattress pad reduced their tossing and turning by more than 50 percent. Participants also had a lower, steadier heart rate. A wool mattress pad cushions the body's pressure points like shoulders, hips, and ankles making it the ideal

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choice for a restful night's sleep. Natura World, www.naturaworld.com, North America's largest manufacturer of wool bedding, produces mattress pads filled with pure wool encased in 100% unbleached cotton, designed to give you a healthier night's sleep.

3. Is it hot in here, or is it me? What is the solution? sleeping in different beds getting different covers for each of us a wool duvet

Answer: c

The sleep scenario that couples often report is the "too hot too cold syndrome" with one partner curling up to keep warm and the other partner kicking off the covers to cool down. A Natura wool filled duvet is the perfect solution.

Wool regulates to each partner's body temperature, keeping both comfortable all night long.

Natura World, www.naturaworld.com the largest North American manufacturer of wool bedding, has a complete collection designed to eliminate the breeding ground for common sleep allergens. Natura's pillows, duvets, and mattress pads are filled with pure wool and encased in 100% unbleached cotton. Natura's wool bedding collection is available at Home Outfitters, or for a retailer near you, call 1-888-NATURA3.

Natura World is concerned about your health, so if any sleep condition lasts for more than two weeks, consult your doctor.

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20 Tips For A Great Night's Sleep

By Jane Thurnell-Read

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Getting a good night's sleep helps us to be happier, more productive people, so here's some tips to help you get a good night's sleep:

1. Avoid drinking tea or coffee late at night
2. Stop smoking - nicotine is a stimulant and so can make it difficult to get to sleep and stay asleep
3. Go to bed at the same time each night so that you set a routine
4. Only use the bed for sleeping and sex
5. Use dimmers on your light switches, and dim the lights in the hours before you go to bed to mimic the change from daylight to night time
6. Avoid taking exercise in the evening - exercise early in the day to promote restful sleep
7. Try using affirmations, such as: "I let go of the day, and enjoy restful, peaceful sleep" repeated several times while you prepare for sleep
8. If you can't get to sleep after a while, get up keeping the lights low and do something boring until you feel sleepy
9. Alcohol may help you get to sleep, but you are more likely to wake during the night feeling thirsty and needing to go to the bathroom
10. Try relaxed breathing: breathe slowly and deeply concentrating on your abdomen rather than your chest
11. Get your allergies checked out, particularly if you wake craving particular food in the middle of the night
12. Avoid paying bills and similar jobs just before sleep
13. Try a herbal tea – chamomile, passion flower, lavender flowers or valerian are good, or take a herbal supplement such as scullcap or valerian
14. Put the essential oils lavender and clary sage on your pillow and inhale their soothing vapours as you sleep
15. Try some flower remedies – there are lots of different types. In the Bach flower remedies you might like to try `vervain' if you find it difficult to switch off from the day; `holly' if anger and resentment keep you awake; `white chestnut' for persistent unwanted thoughts; `aspen' if you wake because of nightmares
16. Try holding your frontal eminences (the bumps on your forehead, about half way between your

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eyebrows and hairline) if you are awake because of stress

17. Try taking supplements - magnesium and calcium can work well

18. If you suffer with hot flushes/flushes, try some natural support for your endocrine system at this time. I personally recommend Neways wild yam and chaste berry cream

19. Many alternative and complementary therapists have success with people with sleep problems. Find a local therapist and ask them if they have experience in this field

20. Sleep problems can be a sign of an underlying medical condition (e.g. thyroid problems or depression), so get this checked out with a suitably qualified health professional

Jane Thurnell-Read writes popular articles about health and well-being. Visit her web site

for more tips and information on how to be healthy and happy. We

also have a find-a-therapist feature on the site with practitioners in over 40 countries practising more than 30 different therapies.

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