

## ULTIMATE HEALTH KIT

# SLEEP EASIER

Get your zzz's with these slumber-inducing tricks

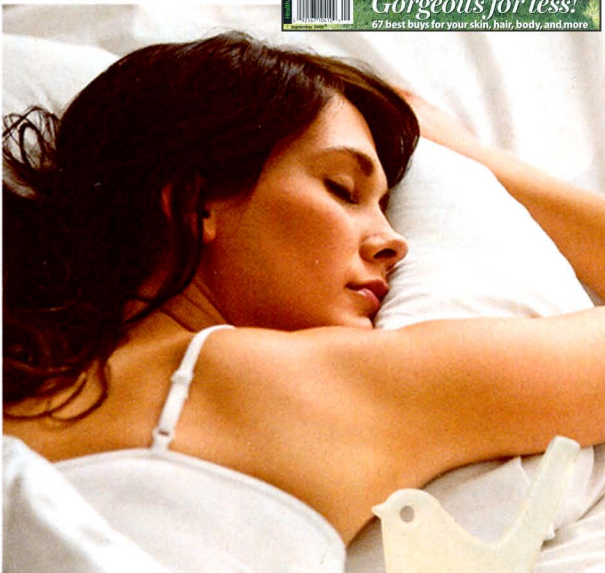
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### Soak it up

Make your evening bath extra soothing by adding **Bath & Body Works Aromatherapy Lavender Chamomile Sleep Dream Bath** (\$16.50; BathAndBodyWorks.com). The chamomile scent is incredibly calming.

**Health Deals**  
See p.26



### Rest your eyes

Place the **Janet Bond Organic Lavender Sleep Pillow** (\$24; JanetBond.com) over your eyes at bedtime ... *ahhh!* Use it to help you fall asleep on the plane or in a strange hotel room, too.

**Health Deals**  
See p.26



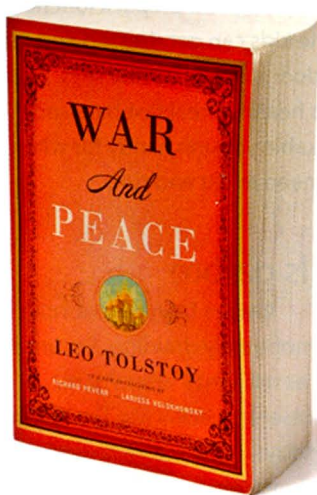
### Don't be alarmed!

Sleep soundly knowing you'll be gently awakened in the morning by the sweet sounds of chirping birds coming from this **Early Bird Alarm Clock** (\$24; WishingFish.com).



### Snuggle up

Tired of tossing and turning in bed? Grab your big book, and snuggle up in a chair with the **West Elm Organic Cotton Knit Throw** (\$49; WestElm.com). It's supersoft and pesticide-free.



### Try a classic

Keep a big book with small type by your bed—you'll be catching zzz's in no time. We like **War and Peace** by **Leo Tolstoy** (\$29.60; BarnesAndNoble.com).

### Go natural

Skip the pills, and go for a **glass of warm milk and honey**. Researchers believe that the comforting drink has a placebo effect that induces sleep. Plus, sipping it forces you to slow down and relax.



## SNOOZE DEEPLY TONIGHT

Don't suffer through another evening of staring at the ceiling wide awake. Here are three simple things you can do to help you sleep through the night, from **Eva Cwynar, MD**, a Beverly Hills, California, endocrinologist and hormone-and-metabolism specialist.

**SET A GYM CURFEW.** Try to work out before 4 p.m. Any later, and you'll be revving up your body with adrenaline, which stimulates you.

**BAN DRINKS AFTER 7 P.M.** Drinking any liquid will make you want to pee only a few hours into your sleep. And definitely avoid alcohol after dinner. Though it can help you unwind, booze actually interrupts your natural sleep pattern, causing you to wake up repeatedly throughout the night.

**GET SOME A.** People who can't get a solid night of sleep are also usually vitamin A deficient, **Dr. Cwynar** says. Have your doctor check your vitamin A level. If yours is low, pump up your A intake with foods like carrots, mangoes, and enriched milk and breakfast cereals. —**KIMBERLY HOLLAND**