

Woman's World

God Bless America

A great week made easy!

Stress-proof your summer!
Cures for your biggest vacation hassles!



Sweet summer treats!

Jessica lost 14 lbs!

METABOLISM SUPERFOODS!

Lose 20 lbs in 6 weeks!

✓Speed fat-burning 25%! ✓Cut hunger 11%! ✓Block fat storage!

HAPPINESS HERBS!

- Boost your memory!
- Heal a headache!
- Cure hot flashes!
- End stress and insomnia!

The veggie-chopping secret that **Melts belly fat!**

Vitamin-aisle miracles that **Cure diabetes!**

Feed your family for less!

Thrifty shopping tricks and cheapskate recipes!

The drink that **STOPS PMS!**

Burger upgrades your family will love!



\$1.79

Perfect-sleep secrets

for your whole family!

Each member of your family responds to different factors when it comes to drifting off. Luckily, this personalized sleep Rx will get everybody under your roof—even your pets—snoozing in seconds!



To ensure you Wake up more refreshed!

Eat like the Japanese do!

Hot flashes, night sweats or other hormonal symptoms keeping you up nights? Help yourself to a handful of edamame (Japanese soybean pods), available in health-food stores and supermarkets, before turning in. "They contain natural estrogens that help restore your body's hormonal balance, allowing you to sleep through the night," says Jacob Teitelbaum, M.D., author of *From Fatigued to Fantastic!*



Swap your pillow.

In one survey, three out of four women felt more rested on waking and had less neck pain after trading in their old pillow for a new one. So what's the best pillow for good zzzs and good neck support? According to a recent study, it's the Mediflow Waterbase Pillow (about \$45 at www.mediflow.com). Its water-filled core fends off pain by keeping the neck and spine properly aligned—no matter how many times you switch positions overnight!

Get your guy to Fall asleep fast!

Pour him a beer!

"Research has found that hops, the main ingredients in beer, are rich in calming chemicals that make the brain more receptive to sleep," explains Dr. Teitelbaum. And while more men report preferring the taste of beer, go ahead and have one yourself if you enjoy it! Just don't overdo a good thing, he adds: Any more than one or two drinks has been found to disrupt sleep!

Encourage him to nap at the right time.

A traditional male way of winding down—the after-dinner snooze—can make it hard to sleep at bedtime. But a nap between 1 p.m. and 4 p.m. has the opposite effect, researchers have discovered. Why? "As you doze, levels of the stress hormone cortisol drop and those of restorative human growth hormone rise. So early nappers stay calmer all day, and calmer people fall asleep faster at night," explains Ellen Michaud, author of *Sleep to Be Smart*.



Help your teen Go through her day more alert!

Reset her body clock.

One in five teens reports nodding off in class, and scientists now say that could actually be a symptom of growing pains! Recent research reveals the surge of hormones at puberty resets teenagers' internal clock so they naturally fall asleep and wake up later than the rest of us. The best way to help your child in the meantime? Open the drapes as soon as her alarm goes off and serve breakfast in the sunniest part of the house: Bright morning light not only signals her brain to wake up faster, it also shifts her body clock forward so she can drop off faster at night!



Give her cellphone a curfew!

More than 60% of 13- to 16-year-olds use their cells in bed—and those who do more than once a week are five times more likely to feel "very tired." And it's not just the stimulating chatter that keeps them wired: Research suggests cellphone frequencies may rev brain waves, preventing people from entering the sleep stage. So take your teen's cell away an hour before bedtime to give her brain a break!

Get your little one to Sleep like a baby!

Read him *The Poky Little Puppy*—again!



According to a National Sleep Foundation survey, kids whose bedtime routine includes a story doze off sooner. Does your child ask for a favorite every night? Better yet! The repetition gives him a soothing sense of control!

Turn off all the lights!

The second you read the words "the end," switch off all the lights—nightlights included. Darkness, the number-one environmental cue for sleep, is also crucial for production of the sleep hormone melatonin. What if your child is afraid of the dark? Gradually downgrade the bulb in his nightstand lamp from 75 to 60 to 40 watts and less. Before you know it, he'll be sleeping like a baby!

Prompt your pet to Catch her cat (or dog) nap!

Give 'em a goodnight kiss!

Snuggle with them before you turn in, says nationally syndicated radio "Pet Show" host Warren Eckstein. "As babies, they slept bunched up with their family members," he says. "So cuddling tells them it's time to settle down."

Offer a bedtime snack!

"Studies show pets sleep better with a little something in their bellies," says Eckstein. He advises serving three-quarters of their dinner at the usual time and the other quarter just before bed.

