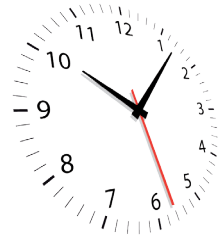


OUR TOP TIPS TO HELP YOU SLEEP

Set a regular bedtime - The body gets used to falling asleep at a certain time. Choose a time when you normally feel tired, so that you don't toss and turn and try not to break this routine at weekends even if you are tempted to stay up later.



Avoid caffeine and alcohol - Do not drink either four to six hours before going to bed as both will interfere with your sleep pattern. Whilst alcohol has an immediate sleep-inducing effect, a few hours later, it will act as a stimulant and wake you up.

Try to avoid day-time naps - This will reduce your need for sleep at night although some people can take just a 30 minute nap during the afternoon and still be able to sleep at night.

Exercise regularly - However, avoid strenuous exercise late in the evening but exercising, particularly during the afternoon, will help deepen sleep.

Reserve the bed for sleep and sex - Don't use the bed as an office, workroom or recreation room. Let your body 'know' that the bed is associated with sleeping.

Try not to eat after 7 pm - Avoid rich, heavy meals, which take a lot of digesting but don't go to bed hungry.

Try a light snack before bed - Foods high in tryptophan, such as bananas, may help you to sleep.



Keep a window slightly open - this will allow oxygen to circulate. A cool bedroom is often the most conducive to sleep.

Take time to unwind from the stresses of the day - Read a book, listen to soothing music or have a candle lit bath. Alternatively, practice relaxation techniques before bed such as yoga and deep breathing. A pre-sleep ritual can often help you sleep.



If something is worrying you write it down – Promise yourself you will deal with it in the morning – don't take worries to bed with you.

Take a relaxing herbal remedy – Valerian root extracts half an hour before going to bed has been traditionally used to reduce sleep disturbances

Keep your room as dark as possible – you may find black-out blinds useful to eliminate bright lights from outside.

Deal with menopausal hot flushes – If these are a problem for you during the night, try Black Cohosh, which is a traditional herbal remedy that helps to reduce menopausal symptoms.

Place a few drops of lavender on your pillow – Essential oil of lavender on a hanky tucked under your pillow may help you relax.

If you need to, invest in a big bed – You and your partner will be more comfortable if you have plenty of room to move around without disturbing each other. Try to get into your favourite sleeping position and if you don't fall asleep within 15-30 minutes, try reading until you feel sleepy.

Don't smoke – Smokers take longer to fall asleep, wake more often and often experience more sleep disruption.

Did you know?

It is thought that sexual activity increases the need for sleep, and can help you doze off, but perhaps surprisingly, this has not really been studied.

A few 'foody' tips

Eat foods high in tryptophan – contained within wholegrains, milk, beans, rice, lentils, poultry, cottage cheese, bananas, soya products and eggs

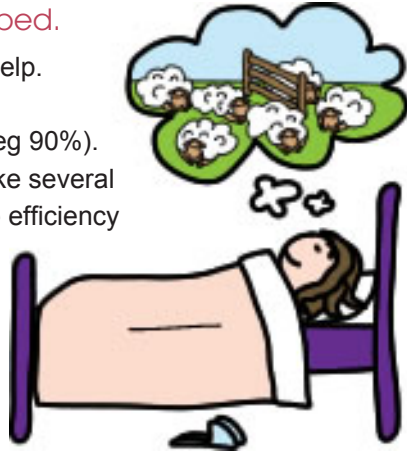
Avoid sugar and sugary foods – also white bread, white pasta and white rice – look for brown instead.

Eat protein with every meal – this will keep your blood sugar balance in check.

Don't drink too much liquid – especially before you go to bed, otherwise you'll need the bathroom!

So now you have lots of tips, you want to make sure you achieve good sleep efficiency, which is the ratio of the total time you spend asleep at night divided by your total time in bed.

The old saying ‘Counting Sheep’ can actually really help. If you fall asleep soon after going to bed and snooze throughout the night, you have high sleep efficiency (eg 90%). If you toss-and-turn, finding it difficult to nod off or wake several times during the night, however, you have a low sleep efficiency (eg 70%). A good way to help fall asleep is to concentrate on something that occupies your brain and blocks out random thoughts, which often keep you awake. Counting sheep is one of the most popular ways of doing this. Don’t count hyperactive, bouncy sheep jumping over a fence, though – count fluffy sheep in a flock, contentedly munching or snoozing quietly on the grass!



Valerian Sleep Aid - Traditionally used to Help you Sleep.....Naturally

Traditionally used for: ✓ Sleep ✓ Mild anxiety

Valerian Sleep Aid

Traditional herbal remedy

- Valerian Sleep Aid is used for the temporary relief of sleep disturbances due to symptoms of mild anxiety exclusively based upon long standing use as a traditional remedy only
- Valerian is used to promote a good night’s sleep to wake feeling refreshed
- Non addictive
- For maximum benefit, product should be taken for 2-4 weeks continuously
- Not suitable if under 18 years, pregnant or breastfeeding.
May cause drowsiness; if affected, do not drive or operate machinery

Always read the label.

One tablet typically provides:

150mg Valerian root extract (equivalent to 450-900mg Valerian whole root).

Dosage:

Take 1-2 tablets half an hour before bedtime (adults and elderly).
Take an additional tablet earlier in the evening, if necessary.

Free from: Corn, Soya, Wheat, Gluten, Lactose, Yeast.*

*According to information supplied by the THR Licence Holder.



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