

Get Your Best Sleep Ever

The latest ways to wake up revved and ready. *By Susan Hall*



Relax, refresh: A simple yoga stretch before bed leads to better wakeups.

Do Yoga— in Bed

You don't need a mat to strike a pose—just a mattress. To prepare your mind and body for a blissful night, try this **Horizontal Asana** from yoga teacher Edward Vilga, author of *Yoga in Bed*.

- 1** | At bedtime, place a large pillow under your shoulder blades, a small pillow under your neck, and another pillow (or rolled-up blanket) under your knees. (A regular pillow can be folded to substitute for the large pillow.) Your head should be slightly lower than your shoulders.
- 2** | Take a deep breath, and sink down into the pose.
- 3** | Relax in this position for 1 to 2 minutes.



Jot Down Your Worries

Mulling your to-do list before bed? Write each item down to help **empty those nagging thoughts from your mind**, says Ronald L. Kotler, MD, author of the new *365 Ways to Get a Good Night's Sleep*. This simple move ensures that you won't forget the important stuff, so you can really relax.

Save Big Topics for Tomorrow

Women in stable relationships tend to sleep better—no surprise there—but even happy couples argue. If you feel the need to air a grievance that may lead to a spat, pack it away till the next day. A University of Arizona study found that spousal squabbles at night make it tough to fall asleep. But do resolve it sometime soon: the more conflict in your relationship, the worse the quality of your sleep.



Have a Drink

Just one, though. **A single glass of wine** in the evening will relax you for bed, Brown University researchers say, but any more than that will lead to next-day grogginess. Your body must work overtime to metabolize excess alcohol, which disrupts the deep, restorative sleep that makes you feel great in the morning.

65
Degrees

For most people, that's the magic temperature for restful sleep. Studies show that if the room is any cooler or warmer, you're liable to awaken. If night sweats haunt you, invest in **moisture wicking sleepwear**. (We like those from CoolSets.com or Cool-Jams.com.)

DIAL UP WHITE NOISE Got an iPhone, BlackBerry, or Android? Download the **Ambiance app** (99 cents for the iPhone, \$2.99 for others), which has 650-plus sounds to lull you to sleep, plus cool fade-out and fade-in features.