

A GOOD NIGHT'S SLEEP

SHOP SMART

Healthy alternatives to counting sheep

Insomnia driving you mad? **Kerry McCarthy** finds some simple solutions



GETTING a decent night's sleep – that's about eight hours for the average adult – can mean the difference between a great day and a dreadful one.

As well as making you bleary-eyed in your weekly meeting or causing you to nod off on the bus, sleepless nights can lead to major health issues and put you at risk of high blood pressure and heart disease. If you're sick of tossing and turning every night, try these solutions.

1 COMPLETE SLEEPRRR MEMORY-FOAM NECK PILLOW

\$89, the-pillow.com.au
AVAILABLE from health professionals (see website for stockists), this best-selling pillow suits all body shapes. Designed to reduce snoring, it also provides even support to encourage the natural alignment of your spine.

2 BODYMEDIA FIT ARMBAND

\$249, blackandstone.com.au
ALSO a weight-loss tool, this nifty gadget has been used in sleep clinics to track the quality and quantity of the wearer's sleep.

3 LAURA ASHLEY TEA SET

\$89.95, laura-ashley.com.au
WHILE the caffeinated variety is off-limits, a warm cup of herbal tea is sure to relax you. Even more so when it's served in this pretty set for one (above).

4 NIGHTWAVE SLEEP ASSISTANT

\$79.95, sleepsolutions.com.au or call 1300 139 350
DESIGNED for people who just can't switch off, this device lulls you to sleep by naturally helping you to slow your breathing in time with a blue light.



5 LAMPS

from \$95, essentialhabitat.com.au or call (02) 9501 2323,
GET rid of harsh lighting in your bedroom and create a cosy environment with a lamp (left).

6 CHILIPAD

from \$419, sleepsolutions.com.au or call 1300 139 350

COOLER temperatures are associated with more restful sleep. This mattress pad allows you to set your own sleep temperature, and warms and cools using circulating water.

7 NATURELLE EUCALYPTUS FIBRE PROTECTOR

\$25, the-pillow.com.au
A WATERPROOF, hypo-allergenic pillow protector, it comes in three sizes and is ideal for those with allergies.

8 BODY SHOP DEEP SLEEP DREAMY PILLOW & BODY MIST

\$29.95, thebodyshop.com.au
THIS quick-drying mist contains camomile, jujube date extract, which is believed to help promote restful sleep, and a blend of beneficial oils such as lavender and lemon, which will help to soothe you before bedtime.



9 KIEHL'S MIDNIGHT RECOVERY EYE

\$44, kiehls.com.au
INTERRUPTED sleep is no good for the delicate skin around the eyes, which can become red and puffy through lack of shut-eye. Let this product work its magic, resulting in skin that will appear replenished and less refreshed by morning.

10 SOUND OASIS S-650

\$99.95, sleepsolutions.com.au or call 1300 139 350
FEATURING clinically proven sounds that help to soothe and calm, this little gadget (left) provides the right kind of noise to help get fall asleep.

11 CIRCA HOME JASMINE AND MAGNOLIA FRAGRANCE STICKS

\$39.95, www.circahome.com.au
CREATE a subtly fresh-smelling and calming environment in your bedroom with Circa Home's reusable and recyclable products (above right).



THREE STEPS TO SOUND SLUMBER

- Keep your bed and wake times regular – sleeping in or staying up late will only make it harder to drift off.
- Avoid exercise for at least four hours before bed and avoid nicotine and caffeine for at least six hours.
- Have a warm bath 90 minutes before you going to bed. The rise then fall of your body temperature will make you feel sleepy.