

Clear Mind Systems

Try these sleep tips and tools and tell us what you think

Sleep is the natural periodic suspension of consciousness necessary to regulate, repair and restore physical, emotional and cognitive health.

Three tips that can improve your sleep tonight

1. Reduce your nighttime exposure to light tonight. Dim the lights this evening and move any computer use to the early part of the evening. In the last hour before bed turn most lights down or off, do some quiet activities or chores or read in low light. Remember that light makes your brain continue to produce alerting chemicals and prohibits it from producing melatonin.
2. Turn your alarm clock around so that you cannot see it from your bed or while you're up for a bathroom visit. The awareness of TIME makes you add, subtract, worry and think. Keep sleep a timeless experience.
3. If you do wake in the middle of the night. Begin counting backwards from 500, counting one number on each full inhale and exhale of breath. Counting 499...while slowly breathing in and out through your nose....498 while slowly breathing in and out....and so on. You'll probably seldom have to count past 480. This keeps the mind relaxed and occupied without thinking. The slow, full nasal breathing triggers the relaxation response, moving you gently back into sleep.

**Email me and tell me how you're doing
rickclerici@comcast.net**

Try the sleep disorder screening tool

This five minute questionnaire is very accurate in assessing your risk, whether low or high, for four common sleep disorders. There's no obligation of any kind. This tool will give you more knowledge about your sleep. And knowledge is power!

<http://www.sleephealth.com/sleep-disorder-screening.htm>

Visit www.clearmindsystems.net for more news on sleep