

# ENDPIECE: TIPS FOR GETTING A GOOD NIGHT'S SLEEP

Illustration by Timmy Kucynda

FIFTY PERCENT OF THE ADULTS living in the industrialized world are chronically sleep deprived. Over 30 percent of adult drivers polled admit to falling asleep at the wheel at least once. Roughly 24,000 people die each year in North America and Europe in accidents caused by sleepy drivers.

Lack of sleep contributes to heart disease and weight gain. Sleeping pills might provide a short-term solution, but they do not provide the kind of sleep you need to operate at your optimum level. To help you get more sleep, we've devised the following tips.



1. Get rid of TV
2. No phone
3. Keep bedroom cool
4. Close curtains
5. Keep door shut
6. Avoid clutter
7. Try white noise
8. Use quality bedding
9. Have a firm mattress
10. Use a neck pillow
11. Don't smoke
12. Don't drink
13. Skip the caffeine
14. Bathe or shower before bed
15. Try meditation
16. Avoid stress
17. No arguments before bed
18. Read before sleeping
19. Do deep breathing
20. Try melatonin
21. Keep pets out