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SPECIAL SECTION:  
DAN'S HOME GUIDE

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# Dan's Papers



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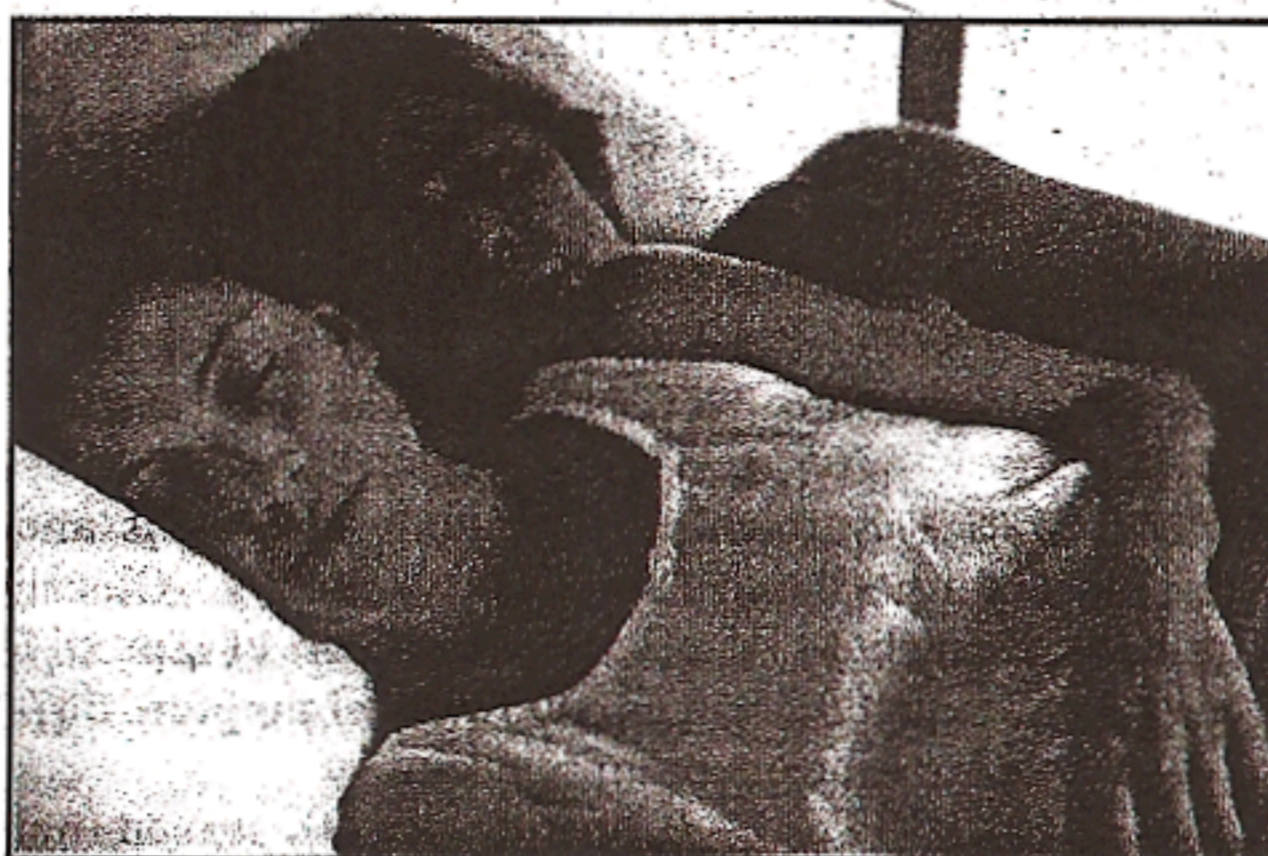
# HEALTH, BEAUTY & FITNESS

## Skin deep with Samantha Altea

### Beauty Sleep

"Sleep, sleep, beauty bright, Dreaming o'er the joys of night;" (William Blake) A gal's gotta' have her beauty sleep; even 19th century poets like Blake knew that - sleep is as important as good nutrition and exercise for our health and our beauty. Our body needs at least 7-9 hours of snooze a night in order to heal and repair itself - to take a break from the work it does during the day. Without ample zzz's, our skin can dry out; slumber is that important time when it renews and rejuvenates itself. Our eyes become puffy and blood-shot without it and the skin under them dark, sunken and wrinkled. Loss of sleep can even result in increased appetite and overeating. Sleep isn't a beauty luxury item like that \$100 moisturizer you think you can't live without. We spend a fortune on the latest products to hit, and yet, many of us neglect one of the most important natural beauty treatment known to man and what's more..... "it don't cost a thang." Sleeping soundly gives us glowing fresh skin and sparkling bright eyes, it decreases the onset of wrinkles caused by the stress of daily life while awake. Plus, plenty of snooze ensures less irritability and better moods. We all look better with smiles, rather than grimaces on our faces, don't we?

**The first thing to consider for quality nap time is environment.** Make sure your bed is comfortable - like the three bears, not too hard, not too soft; and that your room is dark, quiet and at the perfect temperature, which studies show is about 68 degrees. Air purifiers also help clear the air you breathe. Consider black out curtains. If you do have



annoying background noises, like traffic, or those darn crickets keeping you awake, you might want to invest in a white noise machine or sleep aid that imitates the sound, for example, of rain, or the ocean.

Certain smells also enhance the restful environment. Try putting a mixture of Marjoram and Lavender oils on your pillow, in an aroma lamp, or spritzed into the air.

**What you put on your bed is imperative.** Comfortable pillows are a must. Feather or contour pillows give good forty winks, as well as Isotonic pillows that mould to the shape of your head. (You can even get Isotonic mattresses.) The sheets that you use make a big difference, too. If you take note of a sheet's thread count, which translates to how soft they are, you'll be nappin' happy. Thread counts range from 80 to 700, but if you stick around the 300 range you'll be getting fairly good quality. Egyptian cotton is excellent

quality, too.

**Think about what you wear** (if anything) when you're dead to the world. Try something cotton and breathable so that you don't get too hot and sticky—a loose fitting comfortable item.

Ear plugs can help to block sound when trying to sleep and eye blind fold/masks stuffed with, for example, lavender can also be worn to enhance sleep.

### Ready for bed. But how to get to sleep?

There are ways to persuade your body to go to sleep. Here are a few hints:

- \* Give yourself a nightly routine - from make-up removal and tooth brushing, to bed time cups of cocoa, reading for a spell, etc:

- \* Exercise daily - At least 20 minutes, even walking helps sleep.

- \* Don't eat late or heavy at night

- \* Go to bed and rise at the same time, even on weekends - This sets your body clock.

- \* Unwind before sleep - Try taking a bath to relax, write down anything that's been bothering you.

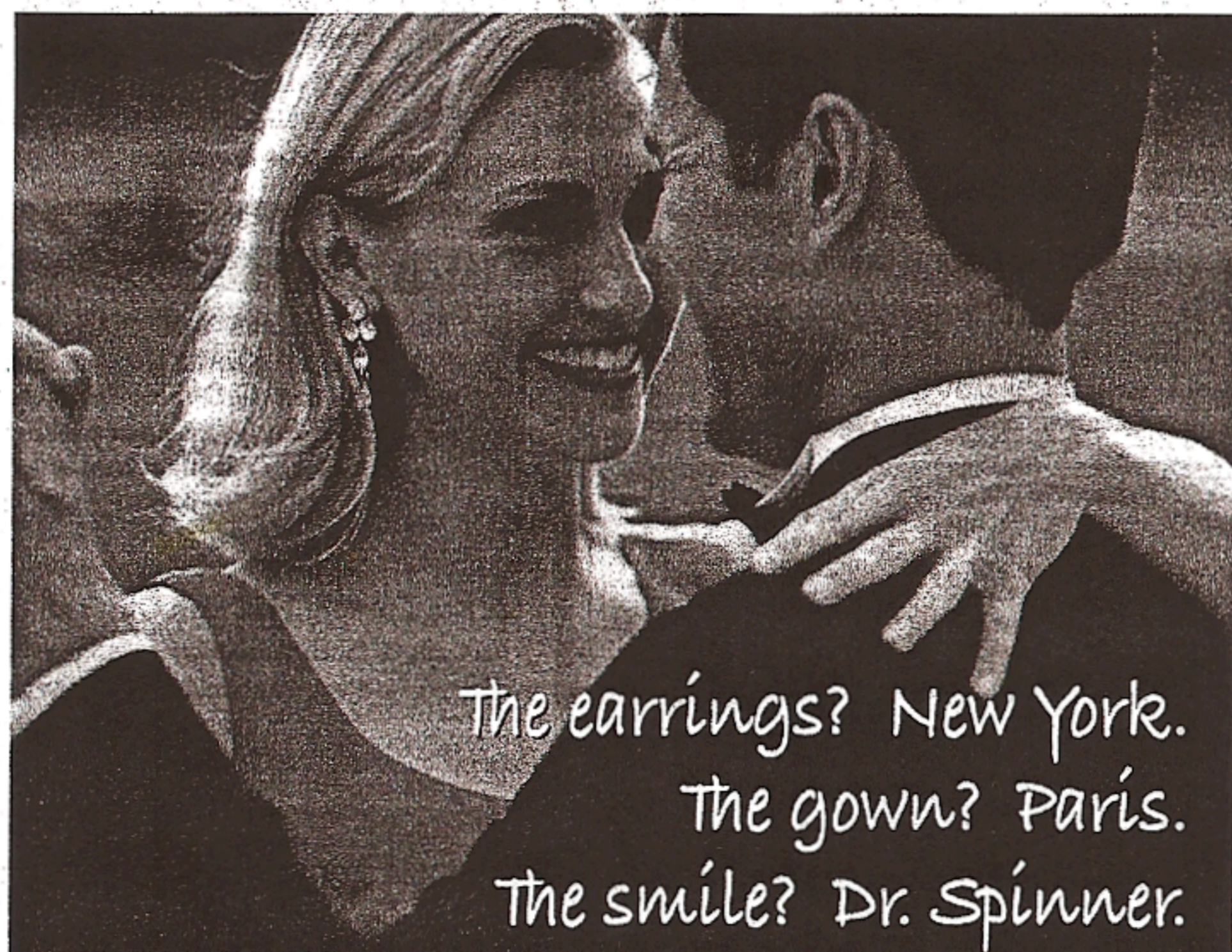
- \* Avoid stimulants like caffeine and nicotine before bed - Alcohol helps us fall asleep, but you won't get quality sleep.

- \* Snacks, like milk, containing amino acid called tryptophan, bring on sleepiness.

- \* Make your bedroom a place for sleep alone - avoid things like TV watching, paying bills and computers.

- \* Make sure your bed is big enough - especially if you're not sleeping alone.

Finally, when you're taking forty winks, sleep tight and don't let the bedbugs bite.



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