



Travel advisory
Include sleep in
your itinerary



Your dream bedroom
HGTV's Genevieve
Gorder provides tips

**MEDIA
PLANET**

June 2011

SLEEP

3

TIPS

TO WAKE UP
REFRESHED EACH
MORNING

TRAIN YOURSELF TO SLEEP WELL

Olympic swimmer **Dara Torres** shares
how she achieves a gold standard of sleep



PHOTO: SLEEP INNOVATIONS



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CHALLENGES

A necessity, not a luxury

Sleep is an essential element of life, not unlike air, sun and water. We simply cannot survive without it, but it must be free of impurities or interruptions, which result in less “nutritional” value in the sleep experience than one would hope for or expect.

Sleeping is a state of reversible unconsciousness, during which we have amnesia, and therefore, we cannot possibly know how well we are sleeping.

What should we expect from our sleep? We should anticipate that we will awaken feeling refreshed, energized, alert, and prepared for the day ahead of us. Unfortunately, within our culture, sleep is not a priority and distressingly, it is even considered a waste



James C. O'Brien MD, FAASM
Medical Director, Sleep Performance and Safety Institute

of time to many Americans!

What is sleep deprivation? It is when we do not get as much sleep as we require (7.5-9 hours per night) and/or experience disruptions while we are asleep that interfere with our own sleep quality. Such disruptions could be caused by reductions in normal breathing (sleep apnea) and by excessive limb movements while asleep, as well as poor “sleep hygiene,” or habits surrounding bedtime.

There are over 70 different sleep disorders that can disrupt our best intentions to achieve good sleep and each year almost half of our

population suffers and struggles with some form of insomnia.

Epidemic of sleep disorders

Insomnia is defined as having difficulty falling and/or staying asleep. The ever increasing epidemic of sleep disorders has fueled the need for sleep doctors, who are specially trained and actively involved in figuring out the complex scenarios that sleep issues can create for struggling and desperate individuals.

Increasingly, the importance of sleep is receiving the attention that it deserves. And with increased awareness of sleep disorders, better treatments are emerging to meet the needs of those most affected. More demand for sleep disorder solutions will drive the therapies to evolve and improve in order to

meet our personal sleep needs in the future.

Humans, in some ways are like laptops and only work after they are charged, which is why they have a “low battery” indicator to help remind us how long before we potentially lose our work, information, access, or connection. Unfortunately, humans haven’t and likely will never “evolve” to have this notification, and therefore are always vulnerable to forgetting that they are not charged until it is too late!

The search and personal use for your “charger” is a worthwhile endeavor and sleeping to get there is always the best. Sweet dreams!

For more information on sleep, please visit www.talkaboutsleee.com.

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MEDIA
PLANET

SLEEP, 2ND EDITION, JUNE 2011

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Distributed within:
USA Today, June 2011
This section was created by
Mediaplanet and did not involve USA
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INSPIRATION

Question: How does an Olympic gold medalist juggle being a single mom with training and traveling?

Answer: By getting enough sleep and sticking to a schedule.



Pillow talk with Dara Torres

For international swimmer Dara Torres, winning her first gold medal was the result of spending countless hours in the pool and following a demanding workout schedule. But keeping up with her young daughter, Tessa, might be her biggest challenge yet.

"I need as much sleep as I can get with a five year-old running around the house," admits the 12-time Olympic medalist, who's served as a television commentator, motivational speaker, and was the first athlete to appear in the Sports Illustrated swimsuit issue in 1994.

"When I get up in the morning, I have to get Tessa fed and ready for

school before I can start my day. I can't be my best without getting a good night's sleep. I don't feel like myself otherwise."

Torres, the first swimmer from the U. S. to compete in five Olympics and the winner of three silver medals at the 2008 Beijing games, tries to get a minimum of eight hours of sleep each night. A spokesperson for Sleep Innovations, a manufacturer of neck support pillows and other sleep items, Torres says an inviting bed promotes peaceful slumber.

"It's all about comfort, from the foam mattress topper right down to the sheets. They don't have to be expensive. A jersey cotton will do just fine, as long as your bed makes you feel relaxed and ready to fall asleep."

"Setting goals is important, and I know getting a good night's sleep is crucial if I'm going to succeed."



Dara Torres
International swimmer
and Olympic gold medalist

"When I was younger," explains the 44-year-old California native, "I didn't really think about sleep. I just did it because I was exhausted from training and all. As I got older I put two and two together and realized why it's so important."

Torres says keeping active, sticking to a bedtime schedule, and enjoying a healthy evening snack help her drift off each night. Back in the pool five days a week, Torres will definitely need her rest, as she eyes the 2012 London games.

"I'm taking things day by day to see if I can get ready for trials. Setting goals is important, and I know getting a good night's sleep is crucial if I'm going to succeed."

SLEEP HYGIENE TIPS

→ Preparing for a good night's rest doesn't mean simply slipping into your pajamas and fluffing your pillow.

Harvard University sleep study expert Jo Solet, PhD explains, "Using blackout curtains and limiting caffeine are important. Morning light and exercise also enhance sleep at night. In addition, computers and texting should be removed from the bedroom."

Sleep educator Tracy Nasca, founder of Talk About Sleep, suggests establishing a preferred wakeup time and then counting back seven to nine hours to establish a bedtime. "Surround yourself in low light and cool temperatures. Don't consume alcohol, avoid TV, and do deep-breathing exercises."

Chris Noonan, a scientific adviser to a sleep enhancement beverage company, says melatonin can sometimes provide relief.

"Melatonin is naturally produced in the body to regulate the sleep cycle. Traditionally, this supplement has been taken in pill form by people with a deficiency or who just want more restful sleep. Melatonin is now available in beverage form, but you must find the relevant dose for it to be effective."

CINDY RILEY

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INSPIRATION



IN THE DEEP END
As Dara Torres jumps back into the pool to train for the 2012 London Olympics, she makes sleep a priority, focusing on both quantity and quality.

PHOTO: SLEEP INNOVATIONS

INSIGHT

Safe slumber for infants

Who doesn't want a few more Zs every night? Sleep is by far the most popular of my parenting workshops.



Tanya Remer Altmann, MD, FAAP

With a bedtime routine, safe sleep techniques and consistency, your infant (and everyone in the house) can sleep all night long.

It's never too early (or too late) to start a regular bedtime routine, such as bath, pajamas, book, feed, swaddle, in bed, and lights out. Always place your baby to sleep on his back. If you bring him into your bed to nurse and cuddle, make sure you return him to his own safe sleep space—in a crib or bassinet with a firm mattress and tight fitting sheet—when it's time to sleep. Consider a wearable blanket or sleep sack since loose bedding and soft toys should be kept out of the crib. As your baby gets older (three or four months) reorder your routine if needed to place him in his crib awake so he can learn how to put himself to sleep. When he wakes up in the middle of the night, allow him to soothe himself to sleep.

After four to six months most babies can sleep 6 to 8 hours. Don't forget to lower the crib mattress and keep the side bar up so he can't fall out as he learns to sit and later pull to stand. Consistency and safety is just as important for toddlers whether still in a crib or making the move to a big kid bed. Remember to praise your toddler for sleeping all night and staying in his bed. Setbacks may happen when teething or sick. It's okay. Return to your routine and stay focused on your goal, to sleep all night long.

TANYA REMER ALTMANN, MD, FAAP

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TIPS

SIDS (Sudden Infant Death Syndrome) is the leading cause of death in infants 1 to 12 months. To decrease your baby's risk:

- **Always** put baby to sleep on back
- **Use firm mattress** with tight fitting sheet
- **Baby should sleep** in own crib or bassinet in parent's room
- **Do not allow baby** to sleep in adult bed

- **Do not put loose** blankets, pillows or soft toys in crib
- **Use a** wearable blanket or sleep sack
- **Breastfeed** your baby
- **Allow baby** to fall asleep with pacifier
- **Do not expose** baby to cigarette smoke
- **Encourage** "tummy time" while awake to help strengthen head, neck and upper body
- **Remind all caregivers** of these recommendations

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INSIGHT

The bedroom is quite simply one of the most important spaces that you'll ever **design for yourself.**

TIP

2

CREATE A
TRANQUIL SLEEP
ENVIRONMENT

Setting the stage for sleep

Our bedrooms are our oxygen tanks. This is where we refuel, become our most vulnerable and disappear into the subconscious. Ironically, this room usually lies on the bottom of the list of design priorities. Yet, when designed correctly, your bedroom can seduce you to sleep quicker than anything in a prescription bottle and dramatically increase your quality of life.

Color

For the bedroom I like to keep the shell creamy and light. Ethereal and cloud-like is always what we imagine when we envision sleep. Help your mind get there faster with light and very neutral shades of dove, blush, or ivory. By creating these

large planes of light and softness, the opportunity to play with pattern and color arise in other decorative components. It's a delicate dance, and for me the majority of the songs will always feel clean, soft and featherlike with a couple of accents on the floor and bed.

Layering

The bed is the crown jewel in every bedroom. Regardless of your style, you must dress her beautifully with a coverlet, bed cover, sheets, standard pillows, decorative pillows, and a throw. Beyond the physical layering, think about how you can also layer and play with textures. For sheets, I use everything from vintage European linens to 600 thread count sheets from discount stores—it's really about the touch. This fabric is enveloping you all night long, so



"When designed correctly, your bedroom can seduce you to sleep quicker than anything in a prescription bottle and dramatically increase your quality of life."

Genevieve Gorder
HGTV Celebrity designer

make sure it's 100 percent cotton and feels good to you. Layer the bed with a blanket and bed cover, and add an additional throw for those cold nights. The weight of soft is overwhelmingly delicious and with it comes a sense of security.

Using the vertical

Headboards should always be significant and used to ground the

jewel in the room. When the furniture provides guidance for you and creates mood without trying too hard, your mind is quieted and you can just feel instead of think. This is when sleep happens. The power of a well done bed should never be underrated.

Old and new

People, history and sentimental

objects give us a sense of love and of place in the world. I like to keep heirlooms and other precious things in the bedroom that have significant stories from someone very dear. From jewelry boxes to thimbles and vintage stuffed animals, these additions to space make us feel safe and cared for.

Lighting

Light is the easiest way to create a tranquil environment. Make sure your bedroom has task lighting (dressing room, vanity, reading) and mood lighting (chandeliers, pendants), and that everything is on a dimmer. Natural light should also be controlled. Black-out lining on all window treatments is absolutely essential to good sleep.

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NEWS

Sleep soundly and soundlessly

Almost fifty percent of adults are estimated to snore on occasion. While often comical and frustrating, snoring can also be a clue to serious medical problems.

A physical obstruction of air is the basic root of all snoring troubles. A cold, seasonal allergies, throat and tongue muscles relaxed by deep sleep or alcohol often trigger an embarrassing symphony. For others, the annoyance is a persistent warning.

Snoring and stroke

"Snoring is more than just a noise," Dr. Jeffrey Durmer, chief medical officer at Fusion Sleep Medicine Program in Atlanta says. "We're now

discovering more medical problems than we initially thought to be associated with snoring."

Durmer notes consistent snoring, even among those without sleep apnea, can signal risk for complications such as stroke. Recent studies linked the throat vibration during snoring to plaque buildup in the carotid arteries, which carry oxygenated blood to brain. Increased plaque or its subsequent release can block blood supply, resulting in stroke.

Frequency remains the prompt to seek medical help. Occasional snoring from illness, medication or alcohol use disappears with the triggering factors. For on-going problems, a medical examination is the best route.

Durmer says a variety of preven-

tive measures can keep airways open for occasional snoring. A bedtime sinus rinse clears airway allergens, often providing allergy and cold sufferers relief. In addition, physical adjustments such as nasal dilators open and support the airway throughout the night. Although not an immediate fix, weight loss and a reduction of fatty tissue at the back of the throat can eliminate snoring.

Whether the symptom of a chronic condition or a temporary irritation, snoring serves as an audible message from the body. Taken seriously, preventive and corrective measures can ensure a peaceful and healthy night's sleep.

WENDY TAYLOR

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When snoring becomes a nightmare

There was a time when snoring, especially if it was loud, was a joking matter.

It still is to some extent, but now it is also recognized as signal that there could be a serious problem lurking behind the noise—obstructive sleep apnea (OSA).

OSA was at one time considered a condition that affected middle-aged, overweight men. Now it is recognized to affect women, young and old. Those with a low Body Mass Index (BMI), less than 30, are not exempt if they have a narrow opening to the upper airway or a recessed chin.

In the past, children's sleep apnea could be treated easily by removing enlarged tonsils and adenoids. Unfortunately that is not the case with many obese children now.

Obstructive sleep apnea is a lot more common than people once thought and the health consequences are a lot more serious, as well.

OSA affects five to seven percent of the adult population in the United States and one to three percent of children. Efforts at awareness are succeeding, but there are still 75



“OSA affects five to seven percent of the adult population in the United States and one to three percent of children.”

percent of those at risk who remain undiagnosed.

The consequences of the condition left untreated include increased risk of cardiovascular disease—heart attack, stroke, atrial fibrillation, and TIA. Also, sufferers are at greater risk of metabolic disorders like type 2 diabetes and obesity.

What are the signs and symptoms of OSA?

- Snoring with gasping for breath after a noticeable pause
- Excessive daytime sleepiness
- Hypertension
- Type 2 Diabetes
- Frequent night time urination

If you are experiencing any of these signs or symptoms, talk with your physician about a referral to a qualified sleep medicine physician

for a thorough evaluation.

There are treatment options for OSA, which one is right for depends on the severity of your condition. Talk with your doctor about what is the most effective therapy for you.

Treatment makes a difference! For someone who has lived with untreated OSA for a long time, they have completely forgotten what getting a good night's sleep means. They don't remember what it means to wake up feeling refreshed and ready to face the day.

Work with your physician, your respiratory therapy and get therapy to work for you.

ED GRANDI,

AMERICA SLEEP APNEA ASSOCIATION

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sleep schedule days before the flight and during your stay.

■ “For eastbound travel, get lots of sunlight in the morning upon waking and avoid lights near bedtime. For westbound travel, avoid sunlight in the morning and be near bright lights at night. Also, get to sleep earlier or later a few days before you go.”

CINDY RILEY

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TRAVEL TIPS

Must have carry-on items for jetsetters

If you're heading out on a business trip, fighting jet lag is crucial. Packing wisely and following a few basic rules can go a long way.

■ Eye shades are a must for blocking out window light. Using a neck pillow, earplugs, or noise-canceling headphones is also advisable, along with wearing comfortable clothes and keeping hydrated dur-

ing the flight. Also consider snacking on cherries, a 'super food' rich in melatonin.

■ Even before boarding, there are steps you can take. According to Circadian and Biological Rhythms expert Hyungsoo Kim, “When your body and brain command certain activities while the environment tells you to do the opposite, jet lag kicks in. We need to sync our body clocks to the new time zone. Gradually shift your

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NEWS



DON'T MISS!



A mattress is one of the most important and confusing purchases that we make. Spend the time, do your homework, and choose wisely. PHOTO: RAYMOUR AND FLANIGAN

Your mattress matters

Buying a mattress can be a little like the Goldilocks story: it can't be too hard or too soft, but has to be just right.

The average person spends about 25 years asleep, making the mattress one of the most used pieces of furniture, says Pete Bils, vice president of sleep innovation and clinical research for Select Comfort. "The quality of the 55 years you are awake depends on that sleep."

While the average life of a bed is seven to ten years, the best guideline for knowing when to buy a replacement is a lousy night's sleep. Worn out mattresses can cause aches, pains, and stiffness, causing a person to wake up feeling less than refreshed. Life changes like marriage, aging, or a physical injury can make a mattress replacement necessary.

Start by setting aside time to shop, dressing in comfortable clothes, and bringing your significant other along. Take off shoes, get in and out several times, lay in

your sleeping position and move around. Give each bed at least six minutes so the mattress can compress to best feel its support.

Whether the mattress is made of memory foam, springs, or offers adjustable firmness is a matter of personal preference. Non-negotiable is how well the mattress conforms to the body. "If you get pressure points minimized and you maximize support, you will be the most comfortable," says Owen Shoemaker, senior vice president of marketing and product development at Comfort Solutions.

Experts agree that finding the best fit is about the right combination of comfort, support, motion control, and temperature. Think of the process as an athlete would for a race, says Dr. Michael J. Breus, a sleep expert and author. "You wouldn't go out for a run with a big radio and flip flops," he says. "You need good gear. Everything you do is better with a good night's sleep."

KRISTY KENNEDY

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BET ON YOUR BEDDING

■ **Question:** How can I get a good night's sleep without resorting to pills?

■ **Answer:** Create the right kind of bedroom environment and you'll drift away with no side effects.

Getting a good night's sleep requires more than diving under the duvet and hoping for the best. It is actually something of an art. And like any art, good sleep requires proper technique and the right materials.

Replace your bed

Your main tool in the art of sleeping is your mattress. If you aren't sleeping well, a new mattress may just solve the problem. According to a Consumer Reports survey, 72 percent of readers found a new mattress improved their sleep. But choosing a mattress is not for the faint of heart. There are traditional innerspring mattresses, memory foam models, and inflatable mat-

"Side sleepers need more cushion. And take your time and really try out several mattresses before you invest."

Rajesh Arakal, MD
Orthopedic surgeon

tresses that adjust to suit different sleepers.

"Know what kind of sleeper you are," says Rajesh Arakal, MD, orthopedic surgeon at the Texas Back Institute. "Side sleepers need more cushion. And take your time and really try out several mattresses before you invest."

Pillows are important, too. "An elevated pillow can flex the neck of back sleepers, but side sleepers

need shoulder support. Many of my patients have had good luck with memory foam pillows," says Arakal.

It's all in the technique

But all that trouble and money will be wasted if you don't have the right sleep habits. David Brodner, MD, medical director of the Center for Sleep, Allergy, and Sinus Wellness in Boca Raton, Florida, offers these tips for developing habits that will ensure a good night's sleep:

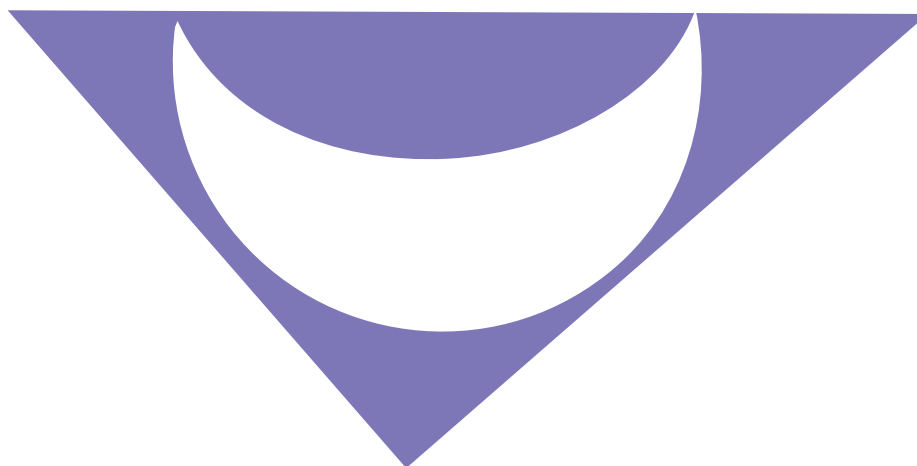
- Keep the room cool and dark.
- Turn the clock to face the wall. Don't fixate on the time.
- Exercise during the day, but not right before bedtime.
- Avoid alcohol after dinner. A drink can help you fall asleep, says Brodner, but when the alcohol metabolizes later in the night, you'll get lousy sleep.

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