



## CHANGING OVERNIGHT – by Marney W. DeFoore, LCSW-S

No one changes overnight, right? What if you learned there was one single thing that could help you bolster your immune system, fight disease, feel more refreshed during the day, improve your outlook on life, increase your concentration level, help you focus more clearly on and remember more about what is important to you – would you be interested? I thought so.

You are probably thinking, “Ok, I’ll bite. What is the catch?” No catch – none. That’s right, there is no catch. Granted, changes don’t come overnight – that is, not in one single night anyway. But take a look at a something we all do at least once each day. The changes necessary to bring about these positive results are actually quite possible if not likely when you improve the quality of your sleep. Yep, I said sleep.

When you stop and think about it, regardless of what might be happening in the world around us, we all sleep. You can make a very positive impact on your life tomorrow by improving the quality of your sleep tonight. As you strive to keep the new decisions you’ve made, you’ll undoubtedly see the benefits that resting well can offer. Without question, the amount, kind, and conditions surrounding sleep are considered to be key factors in determining overall physical and psychological health.

Most people simply go through the day until finished, lay down exhausted, and wake up the next morning to an alarm – in many cases not having had enough quality sleep.

Here are some ways to help yourself get the rest you deserve. I’ve made a study of this and have found many of these “helps” to be very useful.

- Exercise early in the day
- Avoid eating for 3 hours prior to bedtime
- Retire at the same time each night
- Soak in a hot bath for 20 minutes prior to bedtime
- Make the bedroom dark
- Set the thermostat to a cooler setting
- Set music or “white-noise” settings to low
- Keep a writing pad on the nightstand to record thoughts as they come to mind
- Experiment with extra pillows, and switching sides of the bed

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