

Remember to Sleep

Research suggests that a good night's sleep helps the brain remember what has been learned during the day. These tips may help busy people:

- Sleep is food for the brain. Even mild sleeplessness can hurt your performance on the job.
- Establish a regular bedtime and stick to it.
- Learn how much sleep you need. Most people need eight hours of sleep per night.
- Get into bright light as soon as possible in the morning. The light helps tell the brain it's time wake up.
- After lunch, stay away from colas, coffee and other drinks that contain caffeine. Also, avoid alcohol, which disrupts sleep.
- Relax before going to bed. Avoid heavy reading, studying or computer games with in an hour of going to bed.

For more information on sleep, log on to the National Sleep Foundation's Web site at www.sleepfoundation.org