

Rewire Your Sleep Patterns

► Tweak your diet

Cut out foods containing caffeine (that includes chocolate) after 2 p.m. Eat dinner two to four hours before bedtime, and keep nighttime snacks light and rich in complex carbs, which carry a sleep-promoting chemical (try whole-grain toast with a slice of low-fat cheese). Reduce alcohol, particularly within three hours of shut-eye.

► Stop the stimulation

"TV sets and computer monitors give off excessive amounts of blue light, the part of visible light that suppresses melatonin," explains Rubin Naiman, director of the Sleep Programs at Miraval Resorts. Try tunes instead: A 2005 study found that 45 minutes of soft music worked wonders.

► Gradually move up your bedtime

Go slow. First, plan to hit the sack 15 minutes earlier than usual. After a week, assess how you feel. Still groggy when you have to get up? Then move your bedtime up by an additional 15 minutes. Keep going until you're able to wake up naturally at your ideal time.

► Create a sleep-friendly space

Bedrooms should be as cool, quiet and dark as possible. Keep the room free of clutter. Replace the high-wattage bulbs in your bedside lamp with low-wattage ones. For reading, opt for a book light like the Light Wedge (\$35; lightwedge.com).



6 Snooze Helpers

- 1 **SUNRISE CLOCK RADIO** Wake up to a gentle, simulated sunrise instead of a jarring alarm (\$150; biobrite.com).
- 2 **MOLDEX PURA-FIT 6800 EARPLUGS** These tapered plugs fit any ear canal (\$28 for 200 pairs; safetycompany.com).
- 3 **LOW BLUE LIGHTS EYEWEAR** It filters out light that prevents melatonin from flowing (\$80; lowbluelights.com).
- 4 **DREAM ESSENCE AROMATHERAPY EYE MASK** It has lavender and chamomile (\$25; dreamessentials.com).
- 5 **CRIS NOTTI EYE MASK** This pure-silk mask feels soft and lightweight on your face (\$20; zitomer.com).
- 6 **LOW BLUE LIGHTS LIGHTBULB** Block blue light while reading to stimulate sleep hormones (\$10; lowbluelights.com).

How Your Caffeine Measures Up

The National Sleep Foundation recommends consuming no more than 240 mg of caffeine a day—and be sure to cut it off by 3 p.m. Here, the surprising stats of some popular products*



Starbucks coffee, grande
550 mg



Can of Red Bull
80 mg



1.3-ounce dark-chocolate bar
25 mg



Two extra-strength Excedrins
130 mg



Can of Diet Coke
46.5 mg



One cup of black tea
40 mg