



## SETTING UP FOR A SIESTA

In our day to day stressful lives, the one thing we tend to miss out a lot on is proper sleep. Often amidst our hectic schedules we overlook its importance and treat sleep as an optional extra. The results- lack of concentration, poor mood, low energy levels, strained relationships and dropping physical health etc. Not just sleep, but proper and sound sleep should be prioritised by every person, busy or not. Tiny factors in our daily lives affect our REM cycle; these small factors can be easily turned around to help us to not only sleep, but sleep well.

**Temperature:** if your body is not at the correct temperature, you will not get proper sleep. Ideal temperatures for a good rest are around 65 degree Fahrenheit. A cool bedroom is the key to proper sleep, be it by an air conditioner or open windows.

**Light:** Naturally, as the day ends and it starts to get dark our brains prepare our body for sleep by releasing melatonin. Too much exposure to light will reduce this release of melatonin and make it difficult for us to sleep. It is thus best to disconnect oneself from electronics and keep bright fluorescent lights away from bedrooms. If you are an avid reader, read an actual book before bed instead of an eBook or a notebook which would increase your exposure to light before bed. Blackout shades, or sleeping with eye masks, can be recommended for a more consistent sleep.

**Sounds:** As we all know, sounds hinder us from sleep. On one hand, too much of a quiet room will make you hear even the tiniest of noises; however, loud noises can be a bigger nuisance. To balance it out, it's best to keep a fan on to balance out the noise clutter.

**Bedroom:** Taking a few minutes to make your bed each day creates a calm and collected environment for your nap. This creates a warm peaceful atmosphere and helps you rest better. Same goes for hygiene; washing bed sheets every now and then keeps germs and bacteria at bay and gives you a clean canvas to rest on.

The colour of your walls will help just as much. Calm hues such as blues and lavenders make you feel sleepier than bright wallpapers.

Quality mattress and bed sheets help you fall asleep faster. Invest in good mattresses and linens and you will see a marked improvement in your sleep.

Always keep your favorite essential oils on your nightstand or even dab some on your pillow. Inhaling essential oils has therapeutic benefits. However, some people are allergic to certain essential oils so do a test before dabbing anything on your pillow or inhaling the essence for too long.

Take some time out for a warm shower before bed; this will relax the body and mind and clear the head for better sleep. If a shower is too time consuming, soaking your feet in warm water can help just as much.

**Diet:** Some food help improve REM cycle while others are toxic for it.

Cherry juice is a natural source of melatonin, thus drinking this before bed helps control your body's clock. Dairy is a proven sleep aid. Warm milk before bed is more than a tradition; it is a sleep enhancer. Opt for a small slice of cheese and a cracker before bed.

Almonds and walnuts promote sleep and muscle relaxation as well as boosting melatonin production. Trail mix on the other hand does not, so that is a complete no-no before bed.

Hot drinks help a person calm down and rest better. Or opt for herbal tea such as mint or chamomile instead of coffee as caffeine is bad for your REM cycle.

Save your carbs for dinner. They break down very fast and speed up your digestion, giving your intestines a break. Veggies are good, but it will take your intestines at the least a few hours to digest all that fiber, and we don't want a churning stomach in bed now do we?

Sleep is one of those things that can make or break your day. Like all good habits these small changes when introduced to our daily lives can help improve our REM cycle, but should be religiously carried out every day. Adapting to these rules can help you improve your overall metabolism and health, and lift your mood, so best keep these in mind next time when you hit the hay.

By Anisha Hassan

Get rid off your stubborn fat :

## GET A HEALTHIER YOU !!!

Men and women are different and will store fats in different parts of their body due to evolutionary reasons. Women have wider hips and pelvis but men on the other hand are predisposed to store fat in the belly and neck area while women are likelier to store in their hips, arms and thighs.

Another thing you need to realize before you start Weight Reduction plan is that **there's no such thing as spot reduction**. You can't just burn fat from one part of your body to get your desired result. Believe me, regardless of your gender or body type you can get rid of these deposits of fat pockets without resorting to invasive methods like liposuction or tummy tuck. **Remember, getting healthier is a lifestyle, not a weekly or monthly affair.**



The benefits of our Weight Reduction & Shaping Program :

- ◆ Body Shaping & Weight Loss
- ◆ Cellulite Reduction
- ◆ Hormone Balance
- ◆ Toxin Removal
- ◆ Pain Release
- ◆ Improve Lymphatic Drainage
- ◆ Improve Varicose Veins

... and remember :  
"Healthy **eating** + less **stress** + adequate **sleep** + right **workout** = keeps a **healthier you**."



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