

## Expert Offers Unique Sleep Tips for 2011

Tuesday Jan 4, 2011



NORWOOD, MA - If you wake up tired, can't sleep through the night, or are moody or anxious, you may have a form of sleep disordered breathing such as sleep apnea. And if misery likes company, you're one of an estimated 40 million Americans suffering from chronic sleep disorders. And most people who have it don't know it.

Bob Chase, Registered Respiratory Therapist and Director of Clinical Respiratory Services with Reliable Respiratory based in Norwood and serving all of New England, says, "The start of a new year is an ideal time to start a new regimen that could make you feel like a new person."

Chase has worked with thousands of patients, including such well-known personalities as late actor Christopher Reeve following his horseback riding accident, and House Speaker Thomas P. 'Tip' O'Neill.

Chase says an adult needs 7 - 8 hours of real sleep every night to function at full mental and physical capabilities. He has a list of 26 tips for a better night's sleep gleaned from his 40 years in the airway management field.

Among his more unique tips:

- Substitute cherry juice for warm milk.

Soak in a hot bath for 20 minutes, adding a few drops of lavender, chamomile and 2 cups of Epsom salt.

**An estimated 40 million Americans suffer from chronic sleep disorders.**

- Don't eat gaseous foods for supper. (beans, cauliflower, broccoli, etc.)
- Turn off the TV and avoid reading anything too stimulating.
- Ban electronic items from the bedroom. (computer, Blackberry, cell phone)

Turn the temperature down.

Put an extra pillow between your knees.

For many, no amount of tips will eliminate sleepless nights. That's when a doctor may prescribe a CPAP (continuous positive airway pressure) device and mask.

For a free list of *Suggestions for a Better Night's Sleep*, email [moreinfo@reliablerespiratory.com](mailto:moreinfo@reliablerespiratory.com).