

RADIO ROUNDUP

a collection of features, oddities,
and helpful tips



**NORTH AMERICAN
PRECIS SYNDICATE, INC.**
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170 WORDS, 60 SECONDS

BEST SHUT-EYE SECRETS

HERE'S A WAKE-UP CALL FOR ANYONE WITH SLEEP PROBLEMS. MORE THAN SEVENTY MILLION AMERICANS LOOKING FOR A GOOD NIGHT'S SLEEP SPEND MORE THAN TWO AND A HALF BILLION DOLLARS A YEAR ON OVER-THE-COUNTER AND PRESCRIPTION SLEEPING AIDS. YET THESE SOURCES OF RELIEF CAN HAVE SIDE EFFECTS, FROM DEPENDENCY TO DEPRESSION. HERE ARE SOME SUGGESTIONS FOR ANYONE WHO SUFFERS FROM OCCASIONAL SLEEPLESSNESS: DRINK SOMETHING WARM BEFORE YOU GO TO BED. STAY AWAY FROM CAFFEINE, NICOTINE AND ALCOHOL AT LEAST FOUR TO SIX HOURS BEFORE BED. CREATE A RELAXING BEDTIME RITUAL. START BY MAKING YOUR BED COMFY WITH CLEAN SHEETS AND BLANKETS. TRY A NATURAL SLEEP AID. ONE, CALLED RESCUE SLEEP, CALMS YOUR RESTLESS MIND AND HELPS RID REPETITIVE THOUGHTS SO YOU CAN SLEEP NATURALLY AND WAKE REFRESHED. RESCUE SLEEP IS A NEW COMBINATION OF THE BACH FLOWER REMEDIES USED IN SIXTY-SIX COUNTRIES AROUND THE WORLD FOR OVER SEVENTY YEARS. THIS FAST-ACTING SPRAY IS NON-HABIT FORMING AND IS AVAILABLE IN G-N-C AND NATURAL HEALTH FOOD STORES NATIONWIDE.