

12 SLEEP TIPS FOR PRIME-TIMERS

The older we get, the more quality sleep we need. Here are 12 tips for getting the quality sleep your body (and brain) need as you age:

1. Get lots of exercise during the day.
2. Eat snooze foods.
3. Don't dine after nine.
4. Stay lean.
5. Reduce caffeine and alcohol.
6. Enjoy an earlier, consistent bedtime.
7. Remove stressful thoughts before going to bed.
8. Make the bedroom quiet, dark, cool, and airy.
9. Clear a stuffy nose.
10. Enjoy sleep-inducing music.
11. Try lavender-oil aromatherapy.
12. Awaken to body's own natural "alarm."