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ANNOUNCES

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STEREO STUDIO & TV LTD.
4891 YONGE ST. (Just N. of Sheppard)
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Harbinger's column

If you can't sleep, then talk to Bo-Peep

No small art it is to sleep: it is necessary to keep awake all day for that purpose.

—Try to recall a dream and get back into it.

—Drink warm milk or Ovaltine just before going to bed.

—Concentrate on each of your senses: hearing, taste, touch, sight, smell, imagining your favorite sensations.

—Make your mind a complete blank and think grey like an over exposed negative. Prevent the grey from taking the shape of anything. If it does, switch back to grey right away. Take deep even breaths at the same time.

—Find a large, boring book and force yourself to concentrate on it until you drop off to sleep.

—Pretend it's fifteen minutes before you have to get up in the morning. Close your eyes for "just another five minutes."

—Recite all the poems you memorized through grammar school.

—Instead of counting sheep, engage the shepherd in conversation.

—Get a basic Yoga book from the library and learn the SunSalute. Do four or five salutes before retiring.

—Get pregnant. This can make you very sleepy.

—Consider getting out of bed and making a drink. If you are too tired to get out of bed, you are tired enough to go to sleep.

One word of caution. Sleep requirements vary greatly among individuals. Figure out how much sleep you really need to function during the day. It could vary from five hours to fourteen hours a night.

And then remember, if you're not sleepy, stay up!
Sue Kaiser

Nietzsche.
For some of us, staying up all day is all it takes to ensure a restful night's sleep. But there are times when the expected eight hours of shut-eye does not materialize on cue. Counting sheep is probably one of the most quoted methods of luring sleep on sleepless nights — the idea being to lull yourself to restfulness through repetition.

But counting sheep is not to everyone's taste. For some, it is boring to the point of frustration, a situation unlikely to result in sleep.

The reasons for sleeplessness are varied and often unfathomable to the insomniac. Insomniacs have trouble falling asleep initially, or find themselves waking up sometime during the night, alert and fully awake. Most adults wake several times during the night, often unknowingly, and fall asleep again immediately.

Long term insomnia can have physiological sources, or it can be a symptom which results from a time of personal crisis. The occasional night of insomnia can be treated at home with a bit of perseverance and imagination, but weeks of sleeplessness call for medical attention.

Listed below are just a few of the many people-tested methods of luring sleep. If you find yourself awake unwillingly, adapt one of them to your own situation. Don't try them all at once, however, or you'll be up all night.



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