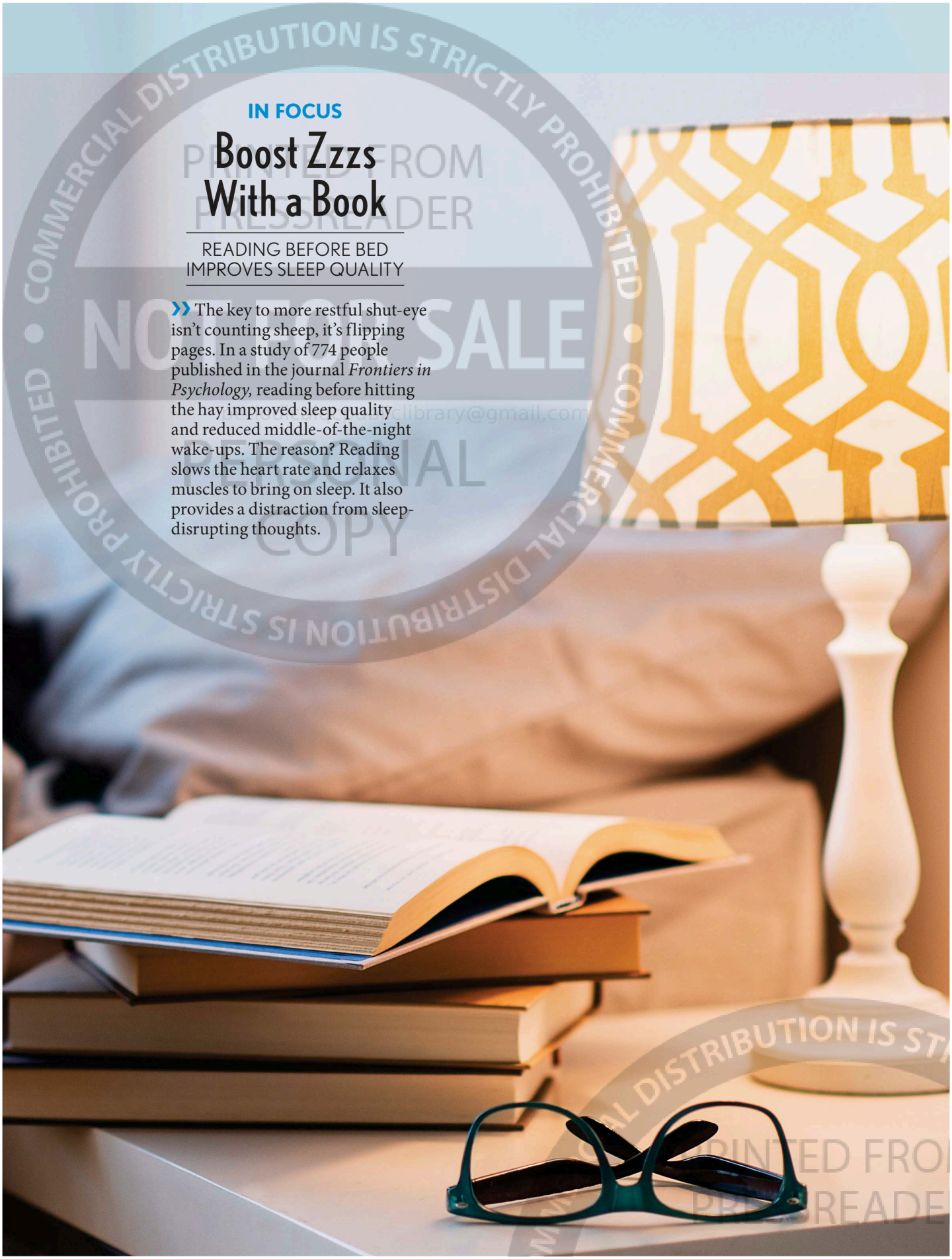
- Sleep / Reading



IN FOCUS

Boost Zzzs With a Book

READING BEFORE BED IMPROVES SLEEP QUALITY

The key to more restful shut-eye isn't counting sheep, it's flipping pages. In a study of 774 people published in the journal *Frontiers in Psychology,* reading before hitting the hay improved sleep quality and reduced middle-of-the-night wake-ups. The reason? Reading slows the heart rate and relaxes muscles to bring on sleep. It also provides a distraction from sleep-disrupting thoughts.

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