

Health.

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{ SLEEP STRATEGIES }

Try a lullaby for grown-ups

Classical music may help you get some zzz's.



Getting a good night's rest could be as simple as pressing the play button. Recent research from Case Western Reserve University in Cleveland found that music with a slow, soothing tempo of 60 to 80 beats per minute—your heart's resting rate—may help you fall asleep faster, sleep longer, and even feel better during the day.

Which tunes fit the description? Try *Bedtime Beats: The Secret to Sleep*, a new CD set (\$18.98) from Smash Arts and Rhino Entertainment featuring two hours of music by classical composers like Mozart, Bach, and Chopin.

If the masters don't lull you into la-la land, try just listening regularly late in the evening. That might trigger you to

stop what you're doing and go to bed. Many sleep experts recommend listening to relaxing music as a bedtime ritual. "A routine at bedtime conditions your body to slow down," says Donna Arand, PhD, of the Sleep Disorders Center at Kettering Hospital in Dayton, Ohio. "Anything that helps you relax before sleep is helpful." —Valerie Kramer Davis

H Go to Health.com/ exclusives to download one piece (or hear samples) from the new CD *Bedtime Beats: The Secret to Sleep*.

