

Harvest
suppers



EASY
mmm...

OCTOBER 18, 2010

Heavenly
treats



Quick cures for
the 7 TYPES OF
FALL FATIGUE

Feeling
DRAINED?

Beautiful hair



Pro styling secrets:
Max volume! No frizz!

OLIVIA NEWTON-JOHN
Can you believe
SHE'S 62?

The rain forest secrets
she swears by to stay
healthy and glowing

You, \$1,000
richer

12 websites
that want
to buy your
clutter!

NEW RESEARCH OUT OF HARVARD



Apple?

Drop
3 belly
inches
a week

Kristen lost
107 lbs!

Walk off 4x
the weight



Pear?

Lose
10 lbs
a week

Jessica lost
200 lbs!

Choose the plan that melts the fat you hate most

Natural
CURES

Heartburn, stress,
sleep problems,
headaches & more

More
for your
money!

ONLY
\$2.49

Halloween happy!



Quick projects



Elegant accents



"Scary" dinners

Display until 10/18/10



“No matter was never

For 10 years, Sara Massaro spent her days exhausted and bleary-eyed, until a dentist finally cured her of a sleep disorder she had never even heard of

“I had no idea I was waking up 150 times during the course of a night!”

—Sara Massaro, 47, St. Paul

Sara's head fell to her chest somewhere between Hansel's ingenious pebble dropping and the witch's devious scheme. “Mommy, Mommy, you fell asleep reading to us again!” chided her kids, Suzanna, 7, Tony, 5, and Mia, 3. As they pulled at their exhausted mom, Sara tried to open her eyes, wondering what in the world was wrong with her.

“For most of my adult life, no matter how much I slept, it was never enough,” confides Sara, a pediatric physical therapist. “Each day I struggled to stay awake. Doctors blew off my complaints of sluggishness, which was at its worst about a decade ago. One doctor even said, ‘Mothers are expected to be tired!’

Barely hanging on

“Staying awake past 8 P.M. was a rarity. I couldn't sit down to watch TV, relax, read or spend time with my husband, Andy, without falling asleep. ‘Be there in 10 minutes!’ I'd shout from the living-room couch in reply to Andy's ‘Coming up, hon?’ But I'd inevitably wake up with the sun peeping through the living-room blinds. Guilt overwhelmed me.

“I was also anxious, sad and foggy. Once, while I was driving, I decided to stop and pick up a pizza for dinner, only to realize it was 8:30 A.M. and I was on my way to work!

“Eating healthier and taking vitamins didn't help. And when I took the antidepressants that were prescribed to

One-minute QUIZ

COULD A SLEEP-RELATED BREATHING DISORDER BE KEEPING YOU UP?

If you experience at least three of the following symptoms, you may have disordered breathing during sleep.

- ☒ Never feeling rested, even upon awakening
- ☒ Brain fog/trouble with memory and concentration
- ☒ Depression/chronic worrying
- ☒ Migraines

how much I slept, it enough!

me, I gained 30 pounds—and I was *still* tired. I figured maybe the doctor was right about tired and foggy being the norm. After all, it *was* stressful raising three children and working full-time.

Relief at last

"Finally I underwent a sleep study, which led to a diagnosis of upper airway resistance syndrome (UARS), a sleep-related breathing disorder. I learned that I had been waking up for split seconds and gasping for air as many as 150 times during the night. No wonder I was tired!

"My doctor prescribed a continuous positive airway pressure (CPAP) device, a mask often used by sleep apnea patients. But my symptoms worsened. I was devastated. I tried the expensive medication Provigil to increase my alertness, but I started having panic attacks. I thought, *Maybe this is just the way life is going to be for me.*

"Thankfully, my breakthrough came three months later when a friend gave me the book *Sleep, Interrupted* (Jodev Press, 2008) by sleep-disorders expert Steven Y. Park, M.D. I saw myself on every page. I got in touch with Dr. Park, who said some UARS patients can't tolerate CPAP because they may have a hypersensitive nervous system. He suggested I contact a sleep dentist about a *mandibular advancement device*, a mouthpiece that pulls the jaw forward and opens the airway while sleeping.

"The device sounded painful, but I was so tired, frazzled and desperate that I was willing to try anything. To my surprise, it wasn't uncomfortable, and after using it for just two days, my energy was soaring and my funk and fog were gone.

"Now I get six to eight hours of solid sleep a night, and I pop out of bed in the morning. Today it's often Andy who's on the receiving end of 'Coming up, hon?'"

—as told to Hallie Potocki

THE NEW EPIDEMIC OF RESTLESS SLEEP

In upper airway resistance syndrome (UARS), soft tissue of the oral cavity blocks airways. This leads to pauses in breathing several times a night. "Even short stops in breathing deprive the brain of oxygen, sapping energy and brainpower," says Steven Y. Park, M.D., a sleep-disorders specialist in New York City. UARS affects up to 35 million women, but Dr. Park says that doctors aren't aware of it, so many women go undiagnosed.

Complicating matters: UARS may be overlooked in sleep studies. Why? Obstructive sleep apnea (OSA), which UARS can lead to, is diagnosed when a patient stops breathing for a period of over

10 seconds five times a night. With UARS, stops in breathing may only last 1 to 9 seconds. "You could stop breathing 20 times an hour and still be told you don't have a sleep disorder," says Dr. Park.

If you suspect UARS, ask your dentist to check the anatomy of your oral cavity while you lie down. To help prevent airway blockages, avoid sleeping on your back and elevate the head of your bed 4 inches. Some women may also need a mouthpiece fitted by a dentist (about \$1,000, generally not covered by insurance unless OSA is diagnosed) to help open airways. With these measures, many women report complete relief of symptoms.

4 tips for MORE RESTORATIVE SLEEP

For the 87 percent of women who have trouble falling or staying asleep, these simple changes can lead to better zzzs:

➤ **STAY HYDRATED.** Even mild dehydration can hinder function in the brain regions responsible for regulating the sleep-wake cycle. Aim to drink eight to ten 8 oz. glasses of water daily, and down at least one more glass for every caffeinated beverage you drink.

➤ **RUB YOUR EAR.** Stress-induced blockages in *qi*—the body's life force—can disrupt sleep, say Traditional Chinese Medicine practitioners. To unblock *qi*, massage your earlobes (a hub of sleep-inducing acupressure points) for 30 to 60 seconds before bedtime.

➤ **TURN DOWN THE HEAT.** Warm bedroom temperatures increase the risk of sleep-disordered breathing and shorten the amount of restful REM sleep a woman gets, according to new science in the journal *Sleep*. To stay cool, set your thermostat between 60°F and 72°F, avoid warm baths or showers within an hour before bedtime and try applying an ice pack to the nape of your neck before sleep.

➤ **GATHER YOUR GADGETS.** Cell phones, cordless phones and laptop computers emit electromagnetic frequencies (EMFs) that disturb the brain waves that bring on restful sleep. To reduce EMF exposure, keep cell phones and laptops out of your room while you sleep (or at least turn them off) and switch to a land-line phone with a cord if you need a phone in the bedroom.