

Silva: Lifestyle Guidelines To Help Sufferers Battle Insomnia

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A recent national study showed that older adults who slept seven to nine hours a night fared much better than a group of older adults who got less sleep – they had more positive outlooks, fewer health problems, and a healthier lifestyle. Here are a few guidelines:

1. Make sleep a priority. Make the time in context with your tasks.

2. Try sticking to a sleep-wake cycle by going to bed and waking up at the same time every day. If it's not always possible, catching up on weekends might work.

3. Don't eat or drink large amounts before bedtime. Have a light dinner about two hours before bedtime. Spicy and heavy foods that predispose to heartburn should be avoided, as should large amounts of liquids that might lead to nighttime trips

to the bathroom.

4. Avoid caffeine, nicotine, and alcohol, which will stimulate you when asleep. Elimination of the stimulant effects of caffeine takes about eight hours. Alcohol, while a depressant, can help initiate sleep but it can cause restlessness during sleep.

5. Keeping active and exercising regularly help in making sleep more restful. Don't exercise three hours or so prior to bedtime.

6. The bedroom should be free of disturbance; radio, television, pets, and other possible disruptions can get in the way.

7. Sleep primarily at night in a relaxing setting, which might

include light reading, listening to music, or other personal choices. Work activities with laptops, checkbooks, and other work-related chores are not beneficial.

8. Pain is a sleep deterrent. You should be on effective drugs or treatments for pain, as advised by your physician.

9. Sleeping pills should be used only when prescribed by a physician after careful review of all factors that are causing insomnia, as well as of all other medications and supplements.

10. It is very important not to use stimulant drugs to compensate for insufficient sleep.

11. If you are suffering from a sleep disorder such as sleep

apnea or restless legs syndrome, appropriate medical evaluations and treatment should be undertaken.

12. If you choose to nap during the day, try to do so at the same times, and for an hour or less.

Insomnia that leads to sleep deprivation can be cumulative and result in deterioration of health and quality of life. It is important to define the degree of difficulty with regular sleep, and seek appropriate measures to manage good health practices.

Dr. Silva is a professor of surgery at Wayne State University and a resident of Woodbluff on Mackinac Island.



Town Crier

Calendar of Events

August

- 19 Wawashkamo Hickory Stick Tournament: 9:30 a.m. shotgun start
- 20 Summer Concert Series 2 p.m.: Foliage
- 20 Hebrew Sunday School 10 - 11 a.m. Friendship Altar Room at Mission Point Conference Center.
- 22 Golf History dinner, chipping contest and presentation at Fort Mackinac
- 23 Songwriters Workshop 11 a.m. to 5 p.m. at Community Hall
- 23 Grand Hotel Summer Poetry Series at Audubon Bar, 10:45 -11:45 a.m.: Mary Oliver
- 23 - 27 . . . 3rd Annual Mackinac Island Fudge Festival
- 23 - 24 . . . Mackinac Island Music Festival
- 24 Medical Center Golf Outing
- 25 Summer Author Series: Elizabeth George speaks about her book "With No One as Witness." 4 p.m. Mackinac Island Public Library.
- 26 Puppets of Praise Show at Marquette Park 2 p.m.
- 26 - 27 . . . Wawashkamo Club Championship: Men and Women
- 27 Medical Center Auction
- 27 Grand Hotel's Games and Gardens Weekend
- 27 Hebrew Sunday School 10 - 11 a.m. Friendship Altar Room at Mission Point Conference Center.
- 30 Grand Hotel Summer Poetry Series at Audubon Bar, 10:45 -11:45 a.m.: Favorite poems of class

September

- 1 Grand Hotel Labor Day Jazz Weekend
- 3 Horn's Bar Labor Day Regatta
- 3 Mackinac Horsemen's Association 5th Annual Labor Day Formal Ride, 9 a.m. to 11 a.m.
- 4 48th Annual Labor Day Bridge Walk, St. Ignace to Mackinaw City
- 5 Opening Day School Barbecue 12 p.m. Mackinac Island Public School
- 9 Mackinac Island Eight Mile Run & Walk
- 9-10 16th Michigan Infantry Civil War Reenactors at Fort Mackinac
- 15 Murder, Mutiny, and Mayhem at Mackinac 8 p.m. Reservation only.
- 18-22 Helga's Palette Color Workshop at Murray Hotel
- 22 Golf History Dinner, chipping contest and presentation at Fort Mackinac
- 22-24 Festival of the Falling Leaves Moon
- 25-29 Helga's Palette Color Workshop at Murray Hotel
- 26-27 Stained Glass Workshop with Michael Meyers, Inn at Stonecliffe
- 29 Carleton Varney's Antiques and Design Fall Festival at Grand Hotel

Weeks: Village Doubts Williams' Park Appointment

** Continued from page 2*

Heilman, according to *The Town Crier*, while praising Father Williams as a person, called his appointment "a slap in the face of the community," because Heilman contends the communi-

ty was not consulted beforehand.

The residency issue may not be enough to zap his confirmation in the GOP-ruled Senate. But there are Republicans who want the Senate to pin Williams down on whether he is a

Democrat as originally reported, or an independent.

Confess, Father.

George Weeks recently retired after 22 years as political columnist for The Detroit News. His weekly Michigan Politics column is syndicated by Superior Features.

Poetry Series at Grand Winds Up at End of August

Only two sessions remain in the poetry series conducted at Grand Hotel this summer by Island summer resident and poet Jim Lenfestey.

Wednesday, August 23, Mr. Lenfestey will lead a discussion on the work of Pulitzer Prize-winning nature poet Mary Oliver. For the final session Wednesday, August 30, participants are encouraged to bring the work of poets they enjoy, for reading and recitation and discussion.

Both classes will be held in the Audubon Bar on the main floor of Grand Hotel from 10:45 a.m. to 11:45 a.m. The sessions are free, and all Island residents and visitors are invited to attend.

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