



February 26, 2009

Awake and alive

Flowers bloom. Birds sing. The evenings are longer. Spring is in the air ...

If only you weren't too sleepy to enjoy it.

Don't let the return of [daylight saving time](#), March 8, catch you napping. Train for the change. Go to bed earlier, get up earlier—start today. Move your bedtime ahead in 15 minute increments.

And if that doesn't work, practitioner Karen Erickson, [ChicagoHealers.com](#), has these tips for insomnia:

- See a hypnotherapist. They can help you stop the mind chatter when you are going to sleep at night.
- Engage in personal quiet time. Meditate, go for walks in nature or do yoga.
- Go to bed on an empty stomach. [Food digestion](#) may keep your body up and running.
- Take a [magnesium](#) supplement. It helps muscles relax and relieves anxiousness.
- Try a [valerian-root](#) herbal supplement right before bedtime. It helps calm you down.

Can't remember what a sunrise looks like? [Click here](#) and watch the sunrise over the ocean. Just don't let the sound of the waves put you to sleep.

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