

God Bless America

Woman's World

THE WOMAN'S WEEKLY

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Fast new
PM
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Drowning
in junk-mail
clutter
4 quick fixes

Avoid painful surgery!
How cocktails and nuts can

Protect your health!

1-minute makeovers!

Look prettier in the next 60 seconds!

Feel-good fixes

for every stressful situation!

Smart tricks

Lose-proof your remote control, keys, etc.!

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Double-Chocolate,
Double-Delicious
Chiffon Pie



No Bake!

Plus

Easy, delicious new
Chicken dinners!

Brand-new
scientific
research!

Sleep tricks that

Release fat!

Jill lost
38 lbs!

- ✓ Wake up your METABOLISM!
- ✓ End CRAVINGS!
- ✓ Melt 15 lbs of BELLY FAT!

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must learn





Brand-new scientific research!

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Release fat!

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Think you need more exercise to get slim? Consider this instead: Amazing new findings suggest that what a lot of dieters need is more rest. Read on to discover how getting more Zzzs can help you speed off pounds...

For years, scientists have been gathering evidence that points to a link between sleeping more and weighing less. Then in recent weeks, they hit a home run: A Columbia University team released results of a large study proving that folks who skimp on shut-eye are up to 73% more likely to be overweight than those who snooze seven to nine hours. Wow! But can better sleep habits help frustrated dieters fight away? We posed this question to a team of nutrition and sleep experts. Their universal response: "Absolutely!"

Do you sleep enough?
Sleep four hours or less a night, and you're 73% more likely to be overweight than someone who sleeps seven to nine hours. Your risk drops to 50% if you average five hours of sleep and to 23% if you average six hours.

Blame Mother Nature

"When it comes to losing weight, getting enough quality sleep is as important as eating well or exercising," says Jill Fleming, M.S., R.D., author of *Thin People Don't Clean Their Plates*. Fleming herself was able to shed 38 pounds only after she committed to getting eight hours of sleep. Why? One theory is that when we sleep less our bodies think it's summer—a time when nights are short, food is plentiful and humans are programmed to fatten up for winter. Regularly skimp on sleep, and you stay locked in "fatten-up" mode. "Sleep is also a time when the body 'reboots' and hormone levels are

normalized," adds David M. Rapoport, M.D., head of NYU's Sleep Medicine Program. Skimp on re-booting time, and your system may not be able to get rid of excess fat-storage hormones or make enough metabolism-boosting hormones.

How sleep slims

Getting yourself some new and improved sleep habits is all it takes to reap these benefits...

• Turn off hunger and cravings!

When our brain isn't sleep-deprived, it turns down our appetite, says a new British study. In fact, get eight hours of sleep, and production of the hunger-killing hormone leptin

will increase 15%, while the appetite-stimulating hormone ghrelin drops 15%. And you'll stop craving junk food, too! A University of Chicago team found well-rested volunteers wanted 33% to 45% fewer sweets, salty snacks and starches than sleepy ones. Why? When we're bright-eyed, our brains don't send us in search of low-fiber, calorie-dense nibbles that can be quickly converted to energy.

• Reduce your belly fat!

Snooze between 7.5 and 8.5 hours a night, and you'll secrete 50% less cortisol—a stress hormone known to promote excess abdominal fat—than folks who get 6.5 hours or less, say University of Chicago experts. And when they

Here come the munchies!
Studies show that just two nights of sleep deprivation can increase your appetite by as much as 24%.



Jill lost 38 lbs!

While earning her degree, Jill Fleming, M.S., R.D., was sleeping just four or five hours a night. "I wanted food all the time—and nothing healthy," recalls Jill, 36, a La Crosse, Wisconsin, mom. She vowed to use her diet smarts to help herself. Progress was slow until she realized: "The weight just came off easier when I slept more," says Jill, who lost 38 pounds in six months.



Anne dropped 15 lbs!

One extra hour of sleep each night helped Anne Young shed her extra pounds. "I feel 100% better!" says the Holmen, Wisconsin, mom, 40, who took Fleming's advice and started heading to bed not long after her kids went down. "I stopped having cravings, and I was able to stick to a healthy diet." The result? She shed 15 pounds and "I dropped it from my midsection!"



Mary lost 21 lbs!

Diet, exercise and good sleep all went hand in hand for Mary Klonecki, 43. "The nights I didn't make good food choices, I didn't sleep well. And when I didn't sleep well, I was hungrier and too tired to work out," recalls the registered nurse and mom from Arcadia, Wisconsin. But thanks to Fleming's eating tips, "now I don't wake up once, I'm more energized and exercising more!" No wonder she's gone from a size 12 to an 8!



Anita lost up to 5 lbs a week!

When Anita O'Brien's youngest was born, "It seemed like I never slept," recalls the Holmen, Wisconsin, mom of two, 33. "I ate chocolate all day to keep myself awake." A visit to Fleming got her on the right track. "She taught me to jump on the treadmill or take a nap when I needed energy." Down from a 14 to a 6, "I weigh less than I have since high school!"

conducted tests on insulin—another hormone that makes us store extra belly fat—they found eight-hour sleepers were 40% better off than 6.5-hour sleepers.

Bonus!

Use sleep to boost your metabolism, and you'll have so much more energy "you'll become more active and burn extra calories without even realizing!" says Fleming.

• Crank up your metabolism!

More University of Chicago findings reveal that folks who begin getting eight hours of sleep nightly will burn up to 40% more calories than when they were fatigued. Translation: Your average tired woman who starts sleeping eight hours a night stands to lose 28 pounds in a year—without making any other changes!

"Women often put everyone and everything else ahead of their own needs—especially sleep. So virtually all of us can benefit from getting more sleep or getting better quality sleep," says Fleming.

Are you one of the 70 million of us who struggles to nod off? Then check out the sleep-aid box on page 18. We've even got a meal plan specially designed to give you tons of energy during the day and the deepest, most restful sleep at night. Plus, you can lose up to five pounds a week. No wonder mom used to call it beauty rest!

—Christine Garson



The basics of slimming sleep



• How many hours do you need?

Usually between seven and nine. "The exact amount is very individual. Go by how you feel," says Dr. Rapoport.

• Does it matter when I exercise?

Yes. Exercise at least three hours before you hit the hay to ensure you'll sleep most soundly.

• Do I need to cut out caffeine?

Not completely. But skip it in the late afternoon and evening, since it can stay in your bloodstream for hours.

• Can you sleep too much?

One study found folks who sleep more than nine hours per night increase health risks by up to 40%.

• Should you set a bedtime?

Yes, says Dr. Rapoport. When you stick to a schedule, you'll fall asleep more easily and sleep more soundly throughout the night.



Please turn the page for more Sleep tricks that release fat!

Insomnia? Sleep aids to try...

We asked top New York University sleep expert, Joyce Walsleben, Ph.D., coauthor of *A Woman's Guide to Sleep*, to rate the most common sleep aids on a scale of 0 to 4...

Sleep Remedy	Rating	Why
A hot bath 	4	"Raising your body temperature an hour or so before bedtime can set you up nicely for sleep. As your body cools, sleep deepens," says the pro.
Black-out shades Special blinds that block out every last glimmer of light. Available at www.justblinds.com .	4	"Complete darkness tells our internal clocks that it's time to sleep."
White-noise machines They create a soothing buzz or hum that drowns out other sounds; available at www.marpac.com .	4	"Many people swear they can't sleep without them."
Valerian root An herb with sedative properties.	3	"It's generally safe and works for many people. But it must be taken for at least two to three weeks before it works."
A "worry book" A bedside journal to record thoughts racing in your head.	3	"You're not trying to forget your problems, you're setting them aside for waking hours when you can deal with them more efficiently."
R_x sleep aids	3	Though all prescription drugs have some risks, newer options like Sonata and Ambien "are relatively safe and very good at putting you to sleep. They last for up to four hours, so you won't wake up groggy," says the pro. But if you have trouble staying asleep, ask your doctor about options like Restoril and Lunesta.
OTC sleeping pills	2	Virtually all options—from Sominex to Tylenol PM—contain diphenhydramine, an antihistamine. "They're marginally effective and can cause dry mouth."
Warm milk	2	It contains a smidgen of the amino acid tryptophan, which can help you sleep.
Melatonin This supplement is made from the naturally occurring hormone that regulates sleep.	1	"Though these supplements can work if taken consistently, they can also affect ovary function and reduce blood flow to the heart."
A glass of wine 	0	"You may fall asleep more easily, but alcohol alters the flow of sleep cycles, and the quality of your sleep suffers."

Miracle menus **Fight daytime cravings and sleepless nights!**

Created by Jill Fleming, M.S., R.D., the meal plan below is packed with foods that will help rev up your energy by day and give your body the just-right nutrients for the restful sleep. Be sure to drink eight glasses of water every day. As with any new weight-loss plan, get your doctor's okay before you begin.

Breakfast (choose one daily)

Eat within the first hour of waking.

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|---|---------------------------|
| 1 1/2 cups whole-grain cereal | 1 1/2 cups cooked oatmeal |
| 1 cup low-fat milk | 1 cup low-fat milk |
| 1 banana | 1 cup berries |
| 2 poached eggs | 2 pancakes (4" each) |
| 1 slice whole-wheat toast, 1 tsp. jelly | 2 Tbs. maple syrup |
| | 2 slices Canadian bacon |
| | 1 cup berries |



Lunch (choose one daily)



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|---|---|
| 3 oz. grilled chicken breast, | 3 oz. water-packed tuna, |
| 3 cups mixed greens, | 2 Tbs. lite mayo, |
| 2 Tbs. each grated cheese and lite dressing | 1 Tbs. chopped onion |
| 1 tangerine | 2 slices whole-wheat bread |
| 1 cup low-fat milk | 1 oz. mozzarella cheese |
| 1 miniature candy bar | 1 peach |
| 2 slices whole-grain bread | 1 cup tomato soup with 1/2 cup diced tomatoes |
| 3 oz. lean turkey breast | 2 slices whole-wheat bread |
| 2 cups salad greens | 1 oz. sharp Cheddar cheese |
| 1 Tbs. lite dressing | 1/2 cup cottage cheese |
| 1 cup berries | |

Dinner (choose one daily)

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|--|--|
| 3 oz. salmon steak | 2 whole-wheat flour tortillas, 2 oz. grilled chicken breast, |
| 2 cups spinach, | 1 cup chopped lettuce, 1/4 cup each extra-sharp Cheddar cheese and salsa, 2 Tbs. lite sour cream |
| 1 Tbs. lite dressing | |
| 1 small baked potato | 3 oz. beef tenderloin and 2 cups of vegetables prepared with 2 Tbs. teriyaki sauce |
| 1 Tbs. lite sour cream | 1/3 cup steamed brown rice |
| 1/2 cup lite ice cream | 1 cup cubed melon |
| 1 cup angel hair pasta, 1/2 cup tomato sauce | 3 vanilla wafers |
| 1 slice whole-wheat toast, 1 tsp. olive oil and fresh garlic | |
| 2 cups romaine lettuce, 1 Tbs. lite dressing | |
| 1 chocolate-covered graham cracker | |



Snacks (choose one midafternoon)

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|--------------------------|---|
| 10 almonds | 3/4 cup low-fat yogurt |
| 1 oz. string cheese | 1/2 cup raspberries |
| 10 grapes | 1/4 cup cereal, such as Grape-Nuts |
| 1 hard-boiled egg | |
| 1 oz. lean ham | Fruit smoothie: |
| 1 orange | Blend 1/2 cup each low-fat yogurt, skim milk and fruit juice with 1 cup frozen berries and 1/2 small frozen banana. |
| 1/2 whole-wheat bagel | |
| 1 Tbs. lite cream cheese | |
| 4 oz. V-8 juice | |

Evening snacks (choose one between dinner and bedtime)

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|---|-------------------------------|
| 1 low-fat snack bar, such as Quaker Fruit & Oatmeal | 1 orange |
| 1 apple | 10 animal crackers |
| 1/4 cup raisins | 3 cups lite microwave popcorn |
| 9 mini flavored rice cakes | |