

FINALLY! GET A GOOD NIGHT'S SLEEP AGAIN

SIMPLE SLEEP SOLUTIONS BETTER THAN A LULLABY



Jerry V. Teplitz, J.D., Ph.D

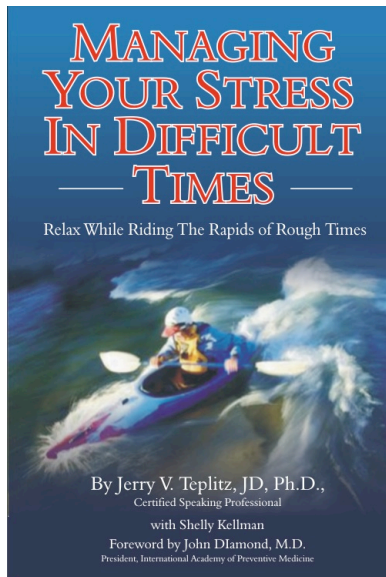
Nearly 60 million Americans suffer from insomnia. Women are twice as likely to toss and turn at night. Half of people over 60 have trouble sleeping. And with all the concerns folks have about the economy, job insecurity, money worries, and more, these numbers are growing.

Forget counting sheep. Dr. Jerry Teplitz will teach your audience a simple exercise that can help you get to sleep quickly and deeply, without the aid of pills or other substances. It's completely "organic" and totally free. All you have to do is talk to yourself!

Yes, by telling your body to relax, one part at a time, from head to toe, Teplitz

says you can get your muscles to relax. And when your muscles are relaxed, your mind can just drift off to dreamland. This simple technique is akin to biofeedback, a proven process in which people can control heart rate, blood pressure, and even brain waves just by thinking about what they want those functions to do.

Another technique he can discuss involves tightening each muscle group in the body...tight, tighter, really tense, tenser...and then relaxing it completely and breathing deeply. Once or twice through the body from eyebrows to toes will have the most troubled insomniac drifting sweetly to sleep.



STORY ELEMENTS

INSOMNIA: THE NEW FEMINIST ISSUE

The stresses of work and family, combined with hormonal changes, are shortchanging women of sleep. How can they sleep well and wake up refreshed?

NEW BABY KEEPING YOU AWAKE?

A simple exercise can help you get back to sleep quickly after the nighttime feedings.

THE SECRET BONUS OF A GOOD NIGHT'S SLEEP: WEIGHT LOSS

A lack of sleep can impact appetite-control hormones, leading to weight gain. How you can lose weight just by stacking some zzzzs.

HOW TRAVEL DEPLETES YOUR SLEEP BANK ACCOUNT

Our bodies keep a sleep bank account. If we don't get enough, we have to make it up. Workers who travel during the week tend to spend their weekends sleeping. Is there a way to direct-deposit?

IS WORRY WAKING YOU UP?

How you can get back to sleep quickly to wake up refreshed in the morning.

Jerry V. Teplitz, J.D., Ph.D., is a professional speaker and pioneer in the area of stress management, teaching people how to have greater business and personal success by showing them how to tap into the power of their own personal energy systems. He has given more than 1,700 presentations to more than 1 million people since 1974, including many Fortune 500 companies.

Dr. Teplitz is the author of four books, including *Managing Your Stress in Difficult Times*, and has been interviewed on more than 300 radio and television shows. He is based in Virginia Beach, VA.

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