**Get Enough Beauty Sleep**

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Have you ever noticed that older people seem to sleep all day but still complain of fatigue? They're not crazy. The more we age, the less REM sleep we get, which is the most restorative stage our bodies experience while sleeping. Although the quantity of sleep is larger, the quality is usually quite poor.

When we sleep, our bodies go into housekeeping mode so we can wake up feeling energized and detoxified. Getting enough restful sleep is crucial to your anti-aging battle, so any measure you can take to mitigate the natural deterioration of the quality of your sleep is important.

To ensure more restful sleep, stop drinking water at least an hour before bedtime to prevent waking up in the middle of the night to use the bathroom. Make sure your room is dark and cozy by your own preferences. Try to avoid using the television to fall asleep since the brightness and volume can drastically change throughout the night and disturb your sleep. Although we all love our pets like family, if you have an animal in your bed, the quality of your sleep will suffer as well.

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