

VOLUME 8, ISSUE 6  
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# HILUXURY

HAWAII'S OWN LUXURY  
LIFESTYLE MAGAZINE

## *Carrie Ann* **INABA**

*Famous for her fancy  
footwork, the fast-moving  
entertainer makes the call on  
"Dancing with the Stars"*

### **MOVEABLE FEASTS**

*Food and wine festivals  
worth planning for*

### **SMOOTH LINES**

*Tesla's sleek sedan  
goes all-wheel drive*

### **MUSEUM MAVENS**

*Honolulu's art patrons  
show their support*



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CLOCKWISE, FROM TOP: Whether via a fragrant diffuser (photo courtesy Olavie); relaxing bedside candle (photo courtesy Archipelago), duo of calming essential oils (photo courtesy L'Occitane; photo courtesy H. Gillerman Organics), a sporty sleep tracker, or a simply luxurious acupressure massage mat (photo courtesy Spoonk), drift peacefully off to dreamland.

*It's much more than the eight hours between work and life...*

And as we all know, sleep is so important. It's much more than the eight hours between work and life. It's critical to everything we as humans do.

"We don't learn when we don't sleep well," Hampton adds. "We don't heal when

hour prior to bed. Take a shower, engage in light exercise or just relax quietly.

Sleep Center Hawaii shares that one huge culprit in sleep prevention is mental stimulation. Finishing last-minute office work or going through family finances is a huge stressor that can prevent sleep.

Avoiding naps during the day can aid in falling asleep at night, and regular exercise also can be used to the same effect as it

releases energy and mental tensions. Do note, however, that it's better to not engage in strenuous exercise right before bed.

Also, avoiding caffeinated beverages before bed can help. But a light bite could be beneficial—try tart cherry juice, chamomile or lavender tea, or a small snack.

Logging your activities before bed can help pinpoint the factor (or factors) preventing you from falling asleep. Unconsciously, you might fall into a routine of engaging in a smart phone game, or you might find that you tend to play fetch with your dog in the living room before hitting the sack. Maybe you find yourself in the brightness of the refrigerator light hoping to chomp down on one last slice of pizza before heading to bed.

Articulating what actions could be keeping you awake is the first step in creating new habits that assist you in your quest for some ZZZs. And remember, while sleep meds can be prescribed for those in need, natural sleep is always best. ■



we don't sleep, we don't burn calories in the right way, we don't burn fat when we don't sleep well. The mind wants to go to sleep."

**FOR A BETTER SLUMBER...**

Thankfully, there are number of quick tips to help you sleep better. If you are unable to sleep, get up and do something else. Attempting to fall asleep leads to frustration, which makes it harder to drift off. Another tip is creating a routine one



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BY  
DR. JURGEN KLEIN

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