

## How to recover from a bad sleep

Try these tips to feel energized and awake even when you tossed and turned the night before.

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Whether brought on by sick kids or the stress of a looming deadline, restless nights happen. Fortunately, it's possible to eat, drink and rest your way back from a sleepless night. Here's how to feel energetic and rested after a bad night's sleep.

### Choose the right foods

Why does that doughnut look so very good when you're so very tired? "Sleep restriction has been clearly shown to increase appetite for calorie-dense foods," says Dr. Charles Samuels, founder and medical director at the Centre for Sleep and Human Performance in Calgary. Tara Maltman-Just, pharmacist and executive clinician at Vitality Integrative Medicine in Winnipeg, agrees. "After a night or two of sleep deprivation, we tend to go for things that will give us that instant energy surge: sugar, energy drinks, coffee, even carbohydrates," she says. "However, we'd be best served over the course of the day by making sure we're **balancing each meal** or snack with protein and a healthy fat."

If you're struggling to keep your eyes open, enjoy eggs with veggies for breakfast or a salad with nuts and avocado for lunch. That way, says Maltman-Just, "you give your body continuous good-quality energy that will release gradually."

### Get to know joe

As caffeine-crazy Canadians, many of us can't get by without our morning (and afternoon) cups of joe. But consuming too much caffeine makes it less effective—even when we need it most, like after a **long night spent tossing** and turning.

To keep your brew working for you, reduce your daily caffeine consumption to one or two cups of coffee in the morning, says Dr. Samuels. "Then, interject caffeine where required," he says. "For instance, if you're **sleep-deprived** and need to be awake for a meeting that afternoon, that's the time you would use caffeine."

### **Nab a nap**

Add some force to that caffeine kick by adding a 15- to 20-minute nap after you've downed a cup. "A nap is far more effective than caffeine, and a nap plus caffeine is most effective," explains Dr. Samuels. Because caffeine's alertness-boosting effect takes 30 to 60 minutes to peak, drinking a cup of coffee before snoozing will provide the benefits of a rejuvenating short stretch of sleep as well as a natural limit to **the nap**.

Try one of the **sleeping methods to help you get a better night's rest**.

*This story was originally part of "Bouncing Back From A Bad Sleep" in the November 2015 issue. Subscribe to Canadian Living today and never miss an issue!*

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