Sleep by Chapman Pincher

Find your worries before shedding clothes.

HALF AN HOUR after you put your head on the pillow, you are to find yourself in a deep slumber. If you are not, you are not trying hard enough.

Go to bed with a satisfied stomach.

You are putting yourself in a position to get the most from your sleep by pleasantly feeding your body with the right foods. A light meal, perhaps a banana or a piece of toast, will help you to fall asleep readily.

Take pains to make yourself comfortable.

A bed should be the ideal sleeping surface for you. It should be firm enough to support your body, yet soft enough to give you a good night's sleep. A mattress that is too firm will cause you to wake up with a backache.

Press on your pillow.

A pillow is only as good as the material it is made of. A feather pillow will not hold its shape and will soon become flat and unsightly. A foam rubber pillow is better, but it will not hold its shape either. A good pillow should be able to hold its shape and provide the necessary support for your head.

Never count sheep.

This is a superstition that will not help you to get a good night's sleep. Try to focus on something else, such as counting your breaths, rather than trying to count sheep.

Nevem look around the room.

This will only keep you awake. Try to focus on something else, such as counting your breaths, rather than looking around the room.

Next: Wake up and Slim