

RED BOOK

**31 days
of outfits
for \$200
total!**

**GET IN A
SEXY MOOD,
INSTANTLY**

Read this before
you say, "Not tonight"

**What bloats
your belly
(and how to
deflate fast)**

**"WHY'D HE
DO THAT?"**

Men explain their
most annoying habits

**Jenna
Fischer**

The Office star
on losing weight,
and love
after divorce

**TAKE A
FREE TRIP!**

We're giving
away fantasy
vacations

ENTER FOR A
CHANCE TO WIN

**BETTER
SLEEP
FOR LIFE**

The fix
for what
keeps
you up
p. 138

**Flash
dinners
for busy
women**

Yummy recipes,
saner nights

MARCH 2011 \$3.99



0 74851 08660 5 037

REDBOOKMAG.COM



ONE WEEK TO MORE SLEEP!

Our expert-approved plan will improve your family's nights—and every waking hour, too. Make one tweak each day, and don't be surprised if you start to feel happier, more energized, and more productive before the week is even over.

DAY 1 | SET A SCHEDULE

"If I had to recommend just one thing, it would be to stick to regular bedtimes and wake times," says sleep specialist Michael Breus. (Yes, even on weekends.) "The more consistent you are, the more your brain knows it's time to go to sleep, and you'll nod off faster." Being more rested during the week means you won't "need" to sleep in on weekends anyway—which, experts say, is not enough to pay back your sleep debt. Faith McGown, of Minneapolis, did this with her 10-year-old daughter who, as a competitive figure skater, has early-morning practices several times a week. "Waking up and going to bed at the same time every day—around 6:45 a.m. and 8:30 p.m. for my daughter, 9:30 p.m. for me—helped us feel more rested than scheduling our sleep around her ice time," Faith says.

DAY 2 | UNPLUG FOR AN HOUR

Set the alarm on your phone to go off one hour before bedtime, Breus suggests. That's when all electronic devices get turned off, the last bits of lunches are packed, the lights are dimmed, and settling down begins. "Our bedtime routine has become sacred," says Leta Hamilton, 38, a mom of three in Sammamish, WA, who was frustrated with the time it used to take for her kids to stop

messing around and sleep after lights-out. "I may not always go to bed at 9 p.m. with my children, but my husband does. He gets up very early for work. My children like the 'family bedtime' and appreciate that going to sleep is something we do together, not just an expectation placed on them by us. The hour between 8 and 9 is filled with play, books, and talking, and it's when I receive the most *I love you's* and cuddles."

That's lovely, you're thinking, but my teen will (in her words) SERIOUSLY DIE if forced to spend even one hour cell-phone-free. The best way to enforce it? Lead by example. "You can't expect your kids to do it if you're still on your BlackBerry or playing Angry Birds," says clinical psychologist Janet Kennedy. Replace tech time with something else—say, family reading or a check-in where everyone says what they did that day and have on deck for tomorrow. "They'll roll their eyes and protest, but kids secretly like it when parents provide structure," she says. (If all else fails, tell them a lack of sleep can cause acne—it's true!)

DAY 3 | LIMIT CAFFEINE

You knew this was coming. Some experts say to stop coffee after 4 p.m., some noon—but they all agree on this: If you say caffeine "doesn't affect" you, you're wrong. It may not

stop you from falling asleep, but it does—even hours later—interfere with your ability to *stay* asleep. Try to cut down on how much you're having. When that 3 p.m. Starbucks urge hits, go half-caf or switch to tea, and work toward having decaf. Even better? Try another pick-me-up, like a walk. And take a closer look at the caffeine your kids are ingesting: Some sodas and other drinks can have as much as a cup of coffee. (Go to redbookmag.com/buzz for the caffeine in popular food and drinks.)

A happy bedtime story

Nikki Maxwell, 41, is living (or, rather, sleeping) proof that a whole family's bedtime routine can be changed for the better. The North Hills, CA, mom nicknamed her kids the Night Owl, 11, the Early Bird, 8, and the Turtle, 5, because of their sleep personalities. One stays up late, another springs out of bed at 5 a.m., and the last sleeps whenever he wants (and late naps

DAY 4
Nights f
to be fi
husband
and fant
and slee
helped:
would nu
take ove
exercise
to learn
to adjust
of us kne
to be so s
with a se
nighttin
weekend
gets the

DAY 5
Ban cell
an alarm
(yes, the
was one o
says. "Th
doesn't g
restorativ
your alar
hitting s

DAY 6
To really
resist ov
commitr
specialist
"Separate
do versus

lead to late
a solid chur
never really
could see th
had on my c
migraines, n
and every o
her kids, "W
they got sup
problems in
So Nikki a
up with a pl
sleep habit
no-technolo
Hour," left, f



ONE WEEK TO MORE SLEEP!

Our expert-approved plan will improve your family's nights—and every waking hour, too. Make one tweak each day, and don't be surprised if you start to feel happier, more energized, and more productive before the week is even over.

DAY 1 | SET A SCHEDULE

"If I had to recommend just one thing, it would be to stick to regular bedtimes and wake times," says sleep specialist Michael Breus. (Yes, even on weekends.) "The more consistent you are, the more your brain knows it's time to go to sleep, and you'll nod off faster." Being more rested during the week means you won't "need" to sleep in on weekends anyway—which, experts say, is not enough to pay back your sleep debt. Faith McGown, of Minneapolis, did this with her 10-year-old daughter who, as a competitive figure skater, has early-morning practices several times a week. "Waking up and going to bed at the same time every day—around 6:45 a.m. and 8:30 p.m. for my daughter, 9:30 p.m. for me—helped us feel more rested than scheduling our sleep around her ice time," Faith says.

DAY 2 | UNPLUG FOR AN HOUR

Set the alarm on your phone to go off one hour before bedtime, Breus suggests. That's when all electronic devices get turned off, the last bits of lunches are packed, the lights are dimmed, and settling down begins. "Our bedtime routine has become sacred," says Leta Hamilton, 38, a mom of three in Sammamish, WA, who was frustrated with the time it used to take for her kids to stop

messing around and sleep after lights-out. "I may not always go to bed at 9 p.m. with my children, but my husband does. He gets up very early for work. My children like the 'family bedtime' and appreciate that going to sleep is something we do together, not just an expectation placed on them by us. The hour between 8 and 9 is filled with play, books, and talking, and it's when I receive the most *I love you's* and cuddles."

That's lovely, you're thinking, but my teen will (in her words) SERIOUSLY DIE if forced to spend even one hour cell-phone-free. The best way to enforce it? Lead by example. "You can't expect your kids to do it if you're still on your BlackBerry or playing Angry Birds," says clinical psychologist Janet Kennedy. Replace tech time with something else—say, family reading or a check-in where everyone says what they did that day and have on deck for tomorrow. "They'll roll their eyes and protest, but kids secretly like it when parents provide structure," she says. (If all else fails, tell them a lack of sleep can cause acne—it's true!)

DAY 3 | LIMIT CAFFEINE

You knew this was coming. Some experts say to stop coffee after 4 p.m., some noon—but they all agree on this: If you say caffeine "doesn't affect" you, you're wrong. It may not

stop you from falling asleep, but it does—even hours later—interfere with your ability to *stay* asleep. Try to cut down on how much you're having. When that 3 p.m. Starbucks urge hits, go half-caf or switch to tea, and work toward having decaf. Even better? Try another pick-me-up, like a walk. And take a closer look at the caffeine your kids are ingesting: Some sodas and other drinks can have as much as a cup of coffee. (Go to redbookmag.com/buzz for the caffeine in popular food and drinks.)

A happy bedtime story

Nikki Maxwell, 41, is living (or, rather, sleeping) proof that a whole family's bedtime routine can be changed for the better. The North Hills, CA, mom nicknamed her kids the Night Owl, 11, the Early Bird, 8, and the Turtle, 5, because of their sleep personalities. One stays up late, another springs out of bed at 5 a.m., and the last sleeps whenever he wants (and late naps

DAY 4

Nights f...
to be fi...
husband...
and fant...
and sle...
helped:...
would nu...
take ove...
exercise...
to learn...
to adjust...
of us kne...
to be so s...
with a se...
nighttin...
weekend...
gets the

DAY 5

Ban cell...
an alarm...
(yes, the...
was one o...
says. "Th...
doesn't g...
restorativ...
your alar...
hitting s...

DAY 6

To reall...
resist ov...
commitr...
specialist...
"Separat...
do versus

lead to late...
a solid chun...
never really...
could see th...
had on my...
migraines, ...
and every c...
her kids, "W...
they got sup...
problems in

So Nikki...
up with a pl...
sleep habit...
no-technolo...
Hour," left, f