

Meditation for a good night's sleep

By Anahad O'Connor, New York Times

Do you have chronic sleep problems? You may be able to significantly improve your ability to get a restful night of sleep by practicing a popular form of meditation, a rigorous new study shows.

The findings may be particularly relevant to Americans older than 55, about half of whom have some form of sleep trouble. The research, a clinical trial published in the journal JAMA Internal Medicine, recruited about 50 older adults with moderate sleep problems and assigned them to follow one of two programs.

In one group, the adults learned behaviors that could help them develop good sleep hygiene, like establishing a regular bedtime routine and avoiding caffeine and alcohol before bed.

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