

# Sleep

Continued from Page C1

soundly, starting tonight.

First, make sure you're getting enough exercise during the day. "A tired body needs sleep," Santhya-dka said. But don't exercise vigorously late in the day, because that will excite your brain. Mornings are a better time.

Don't drink stimulating caffeinated beverages — coffee, tea, soda or "energy drinks" — after noon. Chocolate, especially dark chocolate, also contains caffeine. Some people are so sensitive to caffeine they can't tolerate it at all. Smoking, in addition to all its negative health impacts, also has a stimulant effect.

**"There are three essentials in life: water, food and sleep. Sleep really is an essential thing."**

DR. GANESHA SANTHYADKA,  
ST. JOSEPH HEALTHCARE,  
BANGOR

Enjoy your main meal at noon and a light supper in the early evening; this will help empty your stomach and reduce acid reflux and general discomfort at bedtime. Avoid any foods that cause you gastric distress. This list typically includes spicy-hot foods, garlic and onions, fatty foods and acidic foods. Eating salty



ASHLEY L. CONTI | BDN

Sleep technician Jordan Qualey (left) helps Corky Potter with a belt that will monitor his chest movements while he is sleeping at the St. Joseph Healthcare Center for Sleep Medicine in Bangor.

snacks in the evening will keep you thirsty and uncomfortable.

Don't drink water or other fluids after 6:30 or 7 p.m. This will help limit nighttime trips to the bathroom. Especially steer clear of alcohol in the evening. It may make you sleepy, but it very often causes you to wake up in the middle of the night and not get back to sleep.

Stop watching television, texting or using your computer at least an hour before bedtime. Studies show the light from these devices, as well as the mental stimulation of engaging with them, may contribute to sleeplessness.

Establish a soothing bedtime routine to signal your brain it's time for sleep. This could include a warm shower, some gentle yoga

and meditation, 10 minutes of relaxing reading and a quiet bit of music. Keep your bedroom cool, uncluttered and dark, with no television or pets.

If you wake in the night and are unable to get back to sleep after 20 minutes or so, don't lie there fretting. Get up, go to another room and read, meditate or listen to soothing music until you feel sleepy enough to try again.

These practices take time and patience to establish, Santhya-dka said, but often pay off in long-term improvement in the quality and quantity of sleep, without the disturbing side effects of medications.

"There are three essentials in life: water, food and sleep," he said. "Sleep really is an essential thing."

# Fathers

Continued from Page C1

of "manly" gift options that retailers tout, reflects a larger, often dismissive, societal attitude, according to Len Kaye, director of the University of Maine Center on Aging.

"Men get lost in the shuffle," Kaye said.

Not just in terms of holiday recognitions and material gift-giving, but in society's stereotypic expectations, which frequently assume men are less nurturing, domestic and social than women.

"Men aren't just big, bruising, macho tough-guys," Kaye said. "More than 40 percent of caregivers in this country are men — husbands, sons, nephews and grandsons — caring for a family member. It's important that we honor them and allow them to do it. But when men take that step and perform functions more typical to women, they almost get made fun of."

While he declined to suggest specific gift ideas, when it comes to honoring Father's Day, Kaye said family members should consider ways to support men's continued growth and maturity, thinking beyond the trite offerings of the retailers.

So, get a little creative this Father's Day. If he really needs a new food processor, trolling rig or reciprocating saw, by all means buy him one. If his house and yard could use a little maintenance, git 'er done. If he has a new hobby or interest, sign him up for a class or workshop — better yet, sign yourself up, too. But be sure that what he really values most, as trite as it may sound, is the time he spends with you and the assurance of your loving support going forward.



**You are invited!**

Come see what maintenance free living is all about.

**Tour and Wine Tasting**  
Wednesday, June 22, 2016

*Dirigo Pines cordially invites you to tour our beautiful cottages or assisted living neighborhoods, then join us for a wine tasting.*

Call 866-3400 to make a reservation!



DirigoPines  
Retirement Community  
ACFP Retirement Roadshow

207-866-3400  
dirigopines.com

**PENOBSCOT THEATRE COMPANY**  
PRESENTS

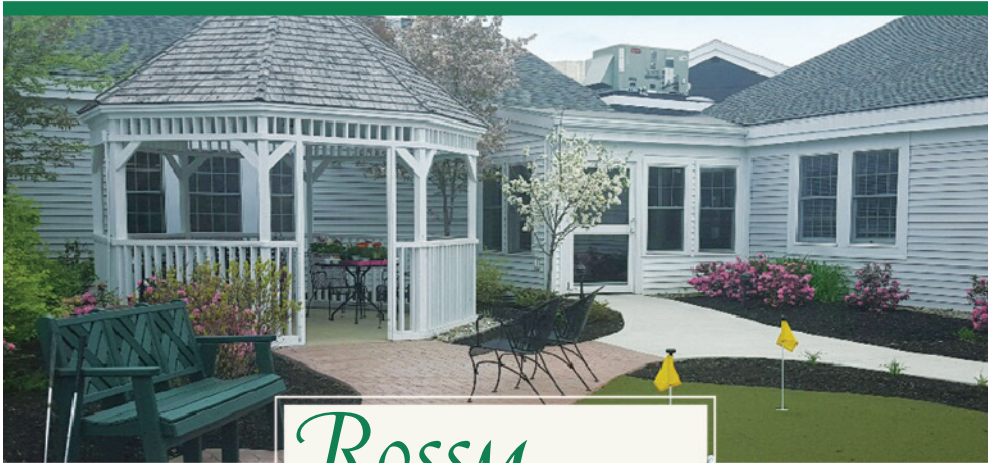
**ROCK OF AGES**

"Fine cast turns 'Rock of Ages' into rollicking party fueled by 1980s music" - Bangor Daily News

Book by Chris D'Arienzo  
Arrangements and Orchestrations by Ethan Popp

**A Kick-Ass Musical**  
**June 9 - July 2**

**TICKETS: 207-942-3333**  
[www.penobscottheatre.org](http://www.penobscottheatre.org)



**Ross Manor**

**Please join us for our Open House**  
**June 23<sup>rd</sup> • 3pm to 5pm**

We would like to invite you to learn more about the services that our patients receive at Ross Manor. Please join us for a tour or our newly remodeled facility, speak to our staff, and visit our rehab treatment areas. Refreshments will be served.

- State of the Art Technology
- Out Patient Rehab
- Expansive Occupational Therapy Kitchen
- Newly Equipped Physical Therapy Gym
- New Outdoor Rehabilitation Courtyard
- Many Private Patient Rooms
- Speech Therapy Services
- Quality Finishings

207-941-8400 Ext. 219 758 Broadway • Bangor ross-manor.com

“Do I have to live with the pain of arthritis?”

No, we are here to help!

Arthritis starts with pain, stiffness, and inflammation that lasts for hours. But EMMC can help. Our specialists care for patients with arthritis and other inflammatory diseases. They can diagnose and treat problems with the latest methods, including advanced ultrasounds and image-guided injections. Learn more about your options for reducing arthritis pain and improving your life.

Get answers from an arthritis expert:

**FREE ARTHRITIS SEMINAR**

Thursday, June 23, 5:30 pm  
Spectacular Event Center - Bangor

Registration is required.  
Call 973-9887 or visit [arthritis.EMMC.org](http://arthritis.EMMC.org).



**EASTERN MAINE MEDICAL CENTER**  
EMHS MEMBER

**Caring Connections**  
EASTERN MAINE MEDICAL CENTER  
BANGOR YMCA  
EMHS MEMBER