

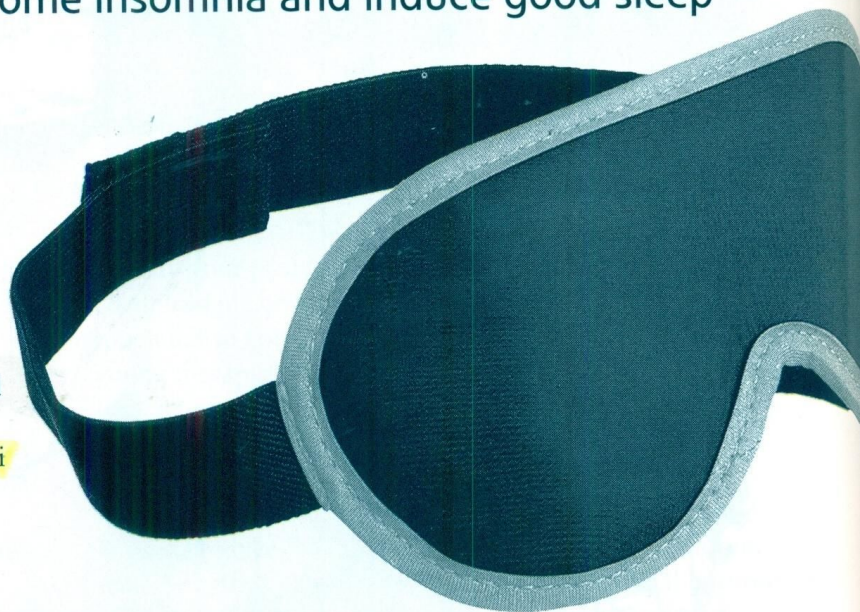
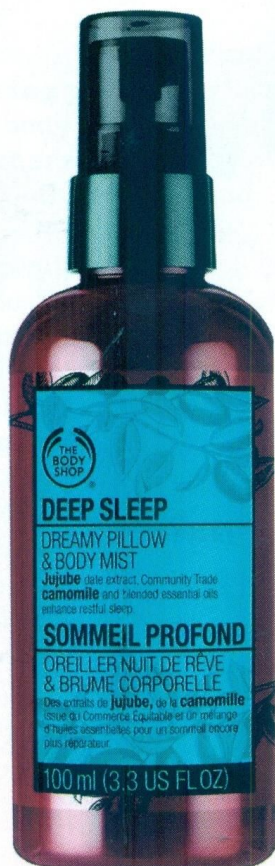
SLEEPING partner

Handy aids to overcome insomnia and induce good sleep

BY SWAGATA YADAVAR

➔ **THOUGH WE ALL LOVE** to sleep, 93 per cent of Indians aren't getting enough sleep according to the Philips Sleep Survey. "Sleep and nutrition are the two most important things which we commonly neglect and they have a direct impact on our body and immunity," says Dr Prahlad Prabhudesai, specialist in chest medicine and sleep-related lung diseases, Lilavati Hospital, Mumbai. Here go a few smart buys to help you sleep better.

THE BODY SHOP DEEP SLEEP DREAMY PILLOW & BODY MIST
 Deep Sleep Dreamy Pillow & Body Mist claims to have the answer to insomnia and sleepless nights. You have to just spray a few drops of the body mist on the pillow and yourself; the chamomile, jujube date and other essential oils release their fragrance that help you get restful sleep. The mist has special encapsulation technology that allows the bursts of active fragrance to be released through the night. While it is difficult to say if it will fight your insomnia, it will definitely help you relax.
Price ₹725 (100ml)



SLEEP AS ANDROID

Do you get your eight hours of sleep but still wake up groggy and tired? Maybe it has to do with the quality of sleep. The free application has to be switched on when you are ready to sleep and it will show you a graph of the amount of time spent in deep sleep and the lighter REM sleep. When set with an alarm, it will wake you up when you are in the light sleep so that you wake up fresh.

Price Free for two weeks. ₹69 to unlock after that

GO TRAVEL NIGHTSHADE

These may seem too trivial but good, comfortable eye masks can be sleep-savers while travelling. These luxury contoured sleeping masks with wide elasticised headbands allow maximum comfort and help eliminate unwanted light.

Price ₹400