

the realist

PROP STYLING BY ASTRID CHASTKA. GOOD MORNING + GOOD NIGHT EMBROIDERED PILLOWCASES (SET OF 2 IN GIFT BOX), \$199; REBECCAATWOOD.COM. EXCERPT FROM THE END WE START FROM, COPYRIGHT © 2017 BY MEGAN HUNTER. USED BY PERMISSION OF GROVE/ATLANTIC INC. ANY THIRD-PARTY USE OF THIS MATERIAL, OUTSIDE OF THIS PUBLICATION, IS PROHIBITED



THE CASE FOR READING BEFORE BED

Bedtime stories aren't beneficial only for kids.

Research shows that reading can reduce stress by 68 percent—more than other traditional methods of relaxation. It doesn't take much time to reap the rewards: Six minutes is all you need to slow your heart rate. Opt for something light and easy, says clinical psychologist Michael Breus, PhD, author of *The Power of When*. "Avoid anything that will reverse those feel-good effects, like a horror novel or a self-help book that requires too much introspection."

By Brandi Broxson

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