the realist

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."

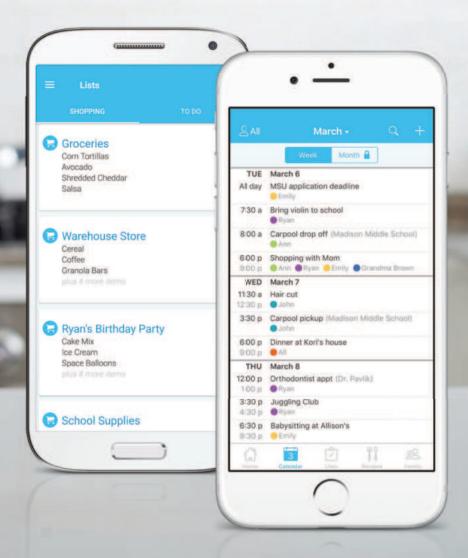
By Brandi Broxson

Photograph by Sidney Bensimon

MARCH 2018 REAL SIMPLE 3



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