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A bygone art



PHOTO BY JOHN KLOTZ

Kang of Readington Township learns what it was like to farm, with help from Readington Museums' James Horvath, horses Billy and Jess, and Pete Watson of Readington Farm. See story Page 7.

Insomnia inspires local author's book

When one of the world's lightest sleepers is married to one of the world's loudest snorers, one of the results is a new book called "Why Count Sheep When You Can SLEEP?"

Written by veteran insomniac and journalist Tracy Ecclesine Ivie of Clinton, the book takes an innovative approach to the problem of insomnia. It's designed to be read in bed at the point of sleeplessness.

"During all those years of lying awake, I frantically searched for ways to lull myself back to sleep," Ivie writes. "I needed something right then and there, while I was desperately alone at night, grasping for anything that would put



Tracy Ecclesine Ivie

me back to sleep."

Her book is organized so that "read-in-bed" sleep tips come first, followed by out-of-bed remedies and

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Insomnia

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pre-bedtime rituals.

More than 40 million Americans every year suffer from chronic sleep disorders, according to the National Institutes of Health. "Insomnia is a huge problem and I wanted to create a resource to help people get through the night without sleeping pills," Ivie said.

She's compiled hundreds of "non-drug" sleep solutions from around the world, including "The Boring Book" chapter, a collection of run-on sentences and monotonous phrases to numb hyperactive minds.

Ivie also created many variations on "counting sheep" routines, breathing exercises, visualizations and self-hypnosis. She provides information from medical experts. The result is an extensive supply of tips she swears by. These include:

- **Affirmations** — Repeat a phrase over and over, slowing down each time while imagining yourself drifting off into a dewy fog: "My head is very heavy." "Everything is going to be

OK."

- Slowly roll your head side to side in a 180-degree arc, rotating from the base of your neck.

- Write down what's worrying you, including how you feel about your fears and what would happen if they came true. Then write down action steps for everything that's bothering you. Once you've faced your demons, you'll realize you can handle them, at least on some level.

Area residents can get a preview of Ivie's book on Thursday, Sept. 30 in a workshop at Clinton Book Shop from 7 to 8:30 p.m. The \$15 fee includes a copy of the book. To sign up, call 908-735-8811.

The book is also available online at rosetstreetpress.com, amazon.com and barnesandnoble.com.

Ivie is a former editor of the Hunterdon Observer and worked at the Hunterdon County Democrat for seven years, where she won several awards. She is also co-author of the "Country Inns of America" book series.