

# [951<sub>+</sub>]

Lifestyle, Family, Business & Fun  
in the Next, Best Place

drive time

## Chill behind the wheel

Until transportation engineers design a plan to blast a hole through the mountains in the Cleveland National Forest, build triple-decker freeways or create cars that can shuttle commuters around like the Jetsons, it looks like drivers in the 951 will be stuck in a molasses of freeway congestion for the foreseeable future. Here are some suggestions on how to survive the commute in the interim:

**Sleep well, be well.** Make sure you get a good night's sleep (7-8 hours). Practice good sleep hygiene. Shut off the television and draw the blinds. Get a comfortable mattress and bedding. We like Hollander's Asthma & Allergy Friendly pillows and comforters—they give the comfort of down without the mites and dust.

**Give yourself some padding.** If you're clenching the steering wheel with white knuckles trying to arrive at work at 8:59, try leaving home 15 minutes earlier, says Dr. Geveden.

**Say 'ohm'.** Meditation has been proven to lower blood pressure and reduce heart rate. "It sounds silly, but take a couple of good deep, belly-level breaths," says Geveden.

**Pack for the trip.** Fill your car with healthy snacks to munch on, like carrots, nuts and dried fruits. Keep the doughnuts, soda and coffee

to a minimum.

**Telecommute when you can.** "The more telecommuting we can do, the less stress [we have]," Geveden says.

### Products we like:

• **Lavender Spa Blankie:** Researchers found that the aroma of lavender relaxes people. This ultra soft blanket is filled with lavender and rice, can be heated or cooled, and works wonders when you wrap it around your neck to soothe the head and neck. [Isabellacatalog.com](http://Isabellacatalog.com); \$64.95

• **Ancor 3500 Navigation GPS:** This gadget does it all—it finds the shortest route, automatically adjusts to avoid heavy traffic, has an MP3 player and plays movies.

• **Mediflow Water-based Pillow:** This pillow allows you to use water to adjust the firmness of the pillow and gives support for back and side sleepers. [Mediflow.com](http://Mediflow.com); \$49.99