

At thirty-five, Beverly Hills chiropractor Evan Berk has the sort of movie-star looks—cleft chin, chiseled jaw, wavy brown hair, blue eyes, and football-player's physique—that leave many of his Hollywood-wife clients loose-limbed on sight. To unclench chronic nerves, he performs hands-on adjustments in his office. To unwind on one's own time, he suggests assuming the ideal

ten-minute relaxer: **supported sleep**

position for sleep.

Lie on your back with one small pillow tucked under your

knees for lower-back support and another supporting your cervical curve—the spot where your neck and shoulders meet. Your head should tilt back slightly. Take slow, deep breaths. “You’ll relax more fully if you support your lower back,” says Berk. “You can even use this technique at work: Just lie on the floor, roll up a towel, and stick it under your neck.” Poor sleepers shouldn’t have to disrupt office patterns for long, though. Once you’ve adopted this posture at bedtime, sleep problems are likely to disappear.—

JENNIFER SCRUBY

