

# Sleep Facts And Figures

## Tips On Getting A Good Nights Sleep

(NAPS)—A good night's sleep need no longer be a dream. Here are a few tips from IKEA, the leading home furnishings retailer, that may help open the door to more shut-eye for you.

- **Same Time Next Time**—Go to sleep and get up at the same time every day, including weekends. This way, your body can establish a regular routine.

- **Get Regular**—A regular exercise routine will do more than just keep you in shape. People who work out moderately during the day release stress and tension which allows them to sleep better at night.

- **Pillows Are More Than Talk**—Shop for pillows with your sleep position in mind. Side sleepers need a low, firm pillow for neck support, back sleepers need firmer pillows and stomach sleepers will appreciate medium support.

- **A Good Reflection**—Bedroom lighting should be relaxing and adaptable. If you enjoy reading in bed, treat yourself to an adjustable reading lamp that fits your decor. Adjustable lamps provide a bookworm with perfect light but won't disturb a sleep partner.

- **Quiet On The Set**—Small sounds in your bedroom may be costing you valuable sleep. Try to replace distracting items such as the ticking of a loud clock or bed legs that squeak.

- **Wake Up And Smell The Coffee**—Save the coffee beans for the morning. Steer clear of caffeine 4-6 hours before bed. Drink warm milk or chamomile tea instead.

- **That's So You**—Make sure your bedroom is a true reflection of you—whether a casual, sensual or fun look. Add accents such as duvet covers in soft warm colors



**Don't close your eyes to the opportunity to get the rest you need. Heeding a few hints can help.**

or an assortment of stylish bed pillows in different size ranges.

- **Choose a Quilt that's right for you.** A bed quilt with down filling will keep you warm. In general, down quilts help maintain a comfortable body temperature in all seasons, but allergy sufferers should opt for synthetic fiber quilts.

- **Just Relax**—Finally, be sure when you're ready to sleep that your bedroom is conducive to sleep. In other words, your sleeping environment should be as quiet, dark and relaxing as possible.

*Since its founding in 1943, IKEA has offered a wide range of home furnishings and accessories of good design and function, at prices so low that the majority of the people can afford them. IKEA is recognized as a socially responsible company, and continuously supports initiatives that benefit causes such as children and the environment. Currently, IKEA has 159 stores in 29 countries, including 15 stores in the United States and seven stores in Canada. To visit the IKEA Web site, please go to <http://www.ikea-usa.com>.*