

SLEEP

Facts & Fancies

Most Americans Aren't Getting Enough Sleep

(NAPSA)—Americans spend about one-third of their lives asleep—and sleep affects the way they feel all day. Yet according to a recent survey, 17 percent of Americans are losing sleep at least three nights a week.

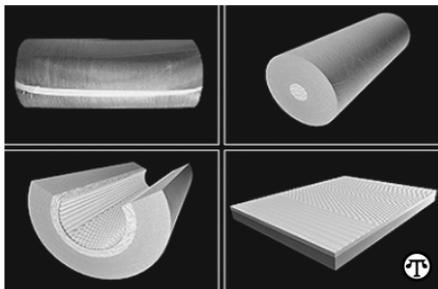
In addition, lack of sleep is cumulative. Sleeping three or four hours a night is never sufficient. Lack of sleep builds up a “sleep debt,” which makes people feel tired during the day. People who do shift work are often sleep-deprived. They never feel good.

Sleep deprivation can affect the way you drive, your ability to concentrate, your mood, motivation and creativity.

One way to put the issue to bed may be to get a new mattress—one that's contoured to your body, and one that won't wear out. Fortunately, there's now a comfortable line of mattress sleep systems in a portable package, so getting a great night's sleep is as simple as “grab-and-go.”

Thanks to advanced VP Technology™, a full-sized BodyZone mattress is packaged in a 16-inch by 17-inch by 35-inch box so you can go from “store-to-door” in no time. Within 15 minutes of opening the package, the mattress expands to 95 percent of its final size and can be used immediately.

Pressure-mapping tests prove that BodyZone mattress sleep sys-



A new kind of portable mattress system makes it easy to bring comfort home.

tems are more comfortable than inner-spring mattresses; they have no springs to wear out or fail to support. These mattress sleep systems offer exclusive “Next Generation” memory material, which provides support where the body needs it, and soothing comfort for each of the body's five zones.

Each mattress comes with a contoured topper, which can be customized depending on the desire for medium or soft support, or left off completely for firm support. Comfort seekers can use the topper differently on each side of the bed if each person has a different preference. It is similar to sleeping on a custom-made bed.

The BodyZone line is available in Twin, Full, Queen, King and California King sizes and sold at select retailers nationwide. Log onto www.bzsleeper.com or call 800-729-2527 for more information.