

# Sleep Facts And Figures

## Simple Solutions For A Super Sleep Experience

(NAPSA)—If you're like most people, you've occasionally settled down after a hard day at work for a refreshing and restful sleep only to wind up counting sheep. With more than half of all Americans (52 percent) considering themselves "poor sleepers," you're not alone when it comes to having trouble getting some z's.

It turns out Americans are tossing and turning more than ever. In fact, nearly 65 percent of Americans are losing sleep as a result of stress, while 32 percent of Americans complain about losing sleep at least one night per week—sending sleepyheads everywhere in search of some much needed shut-eye.

In addition to plush pillows, there are several other simple ways to guarantee a ticket to sleepy town. Here are some quick-fix tips to designing the perfect sleep experience at home

- **Mattress matters.** There's more to a mattress than meets the eye. Choosing a mattress that's right for you can mean the difference between a peaceful night and a scary nightmare. According to Consumer Reports, pick a mattress with a coil count above 390 and you can be snoring in no time.

- **Ticktock, find a good clock.** With so many confusing versions of the clock radio on the market, it's no wonder we work up a sweat just trying to find a local station. For a more pleasurable wake-up experience, look for universal clock radios that offer simple alarm settings and a digital display that allows you to select your favorite type of music effortlessly.

- **Supreme sheets.** Everyone knows the higher the thread count



**Surprisingly, the more comfortable the bed, the easier it is to get out of in the morning—because you're more likely to have had a restful night's sleep.**

—the more pleasurable the sleep experience. So snuggle down into a bed fitted with the most luxurious linens and enjoy a rejuvenating slumber fit for royalty. For the softest feel, stay above 200 thread count and avoid any fabrics less than 175.

One hotel chain has found a way to create a good night's sleep. The Sweet Dreams by Doubletree Sleep Experience meets today's travelers' sleep needs with a custom-designed plush-top mattress, mountains of lush pillows and luxurious bedding and an easy-to-use alarm clock that whisks you away to a great night's sleep and wakes you up refreshed for the next day of business or pleasure.

So stop counting and give those sheep a rest. By taking advantage of these tips, you're more likely to enjoy the relaxing night's sleep you deserve.

For more information, visit [www.doubletree.com](http://www.doubletree.com).