

# Sleep On It

## Six Ways To Sleep Better

(NAPSA)—Here's eye-opening news: Getting the right amount of restful sleep can reduce your risk of depression, diabetes, heart problems, high blood pressure and obesity, and, in general, improve your quality of life.

### The Problem

Even so, 75 percent of people struggle to get restorative sleep in the summertime, according to a recent survey. Whether you blame it on longer daylight hours or higher temperatures, the summer months can change sleep cycles.

### What You Can Do

You can't change the weather, but there are some things you can control:

• **Maintain the 65 Rule:** The latest sleep research is clear: The ideal sleeping temperature is 65 degrees Fahrenheit with 65 percent humidity.

**WHY:** "When preparing for sleep, your body's internal temperature drops slightly and stays low until shortly before you wake up," explained Pete Bills, Sleep Number's VP of sleep science and research. "As your body temperature drops, heat is released into the mattress and pillow. If the room is too warm, the heat has nowhere to go except to pool around your body. This results in tossing and turning and constantly trying to find the cool side of the pillow."

• **Shower off to stay chill:** Take a warm bath or shower before bedtime.

**WHY:** When you trade a warm bathroom for the cooler household air, your body temperature drops, which can help you enter sleep mode. Alternatively, consider going to bed with slightly damp hair; as the water evaporates, it creates a cooling effect.

• **Follow the two-hour rule:** Don't exercise or eat for at least two hours before bedtime.

**WHY:** Your body needs time to cool down before you head to bed. Both eating and exercise warm it up.



**Getting regular, adequate shut-eye is essential for well-being, health and overall mood.**

• **Limit exposure to light or screens before bed:** About an hour before bed, dim the lights, turn off screens and relax by reading a book or doing light chores.

**WHY:** According to Bills, bright lights and binge watching TV or movies can decrease the sleep hormone melatonin and keep your mind from relaxing.

• **Maintain sleep schedules through vacations:** Even when traveling, try to keep your normal sleep schedule. That will help you stay alert and active on the road.

**WHY:** "Altering your sleep schedule actually creates jet lag-like symptoms, which affects your motor skills, concentration, mood and health," Bills noted.

• **Consider a warm-weather wardrobe for your room.** Ensure your comforters are light and breathable so you sleep comfortably all night long. And take advantage of the latest high-tech solutions: Sleep Number offers a DualTemp™ layer that you can add to any mattress to heat and cool each side, so you can both have it the way you like.

**WHY:** Just as you have winter and summer jackets, you should have blankets that vary in warmth for different seasons. Body heat is released through your feet, head and hands, so keep them uncovered if you find yourself too warm.

### Learn More

For additional facts and tips on getting a good night's sleep, visit [blog.sleepnumber.com](http://blog.sleepnumber.com).