

# ***Sleep Facts And Figures***

## **Sleep Better, Feel Better**

(NAPSA)—Here's eye-opening news: Better sleep yields a higher quality of life, according to the Better Sleep Council (BSC), a nonprofit organization. Like eating right and exercising, sleeping well is essential to being at your best during the day. It affects how you feel, your relationships, your productivity and your quality of life. Quality sleep leads to sharper decision making and increased productivity while decreasing the risk of heart disease, obesity and other dangers.

More Americans are realizing the connection between better sleep and overall wellness, yet a BSC survey shows that 32 percent of Americans lose sleep at least one night per week.

To help, the BSC and the National Sleep Foundation (an independent nonprofit organization involved with sleep-related education, research and advocacy) suggest:

- Maintaining a weekly bedtime and wake-time schedule;
- Establishing a relaxing bedtime routine such as listening to soothing music;
- Creating a sleep-conducive environment that is dark, quiet, comfortable and cool;
- Exercising regularly and completing workouts a few hours before bedtime;
- Avoiding alcohol and nicotine close to bedtime;
- For many, the solution may lie in the foundation of sleep itself—the mattress. Bedding



**More and more Americans are waking up to the fact that a good night's sleep is vital for their health and well-being.**

manufacturers have made great advancements in technologies to address consumers' well-being, producing mattresses specifically designed to combat common ailments that often lead to sleep loss.

For example, one mattress is made with bamboo yarn that resists pests, fungi and bacteria, a big help for allergy sufferers. Called the Eco Therapy mattress, it's from Sleep Therapy, which also makes mattresses designed to combat hypertension, joint pain, fatigue, poor circulation in hands and feet, skin disorders and more, fitting a range of lifestyles and aimed at improving the overall sleep experience.

For more information and advice, visit [sleeptherapydirect.com](http://sleeptherapydirect.com).