

## This Mother's Day, Give Mom The Gift Of Rest

(NAPSA)—While many women make the most of every waking hour, they may not be making the most of the hours they sleep.

For women, not getting enough sleep often means they are less able to handle their fast-paced schedules and, even worse, experience health-related issues. According to a recent study conducted at Duke University, poor sleep affects women's overall health more seriously than men's. The study reported that women who did not sleep well experienced more anger, depression and other disorders than men did.

Women are beginning to notice the affect sleep deprivation is having on their lives. In fact, a survey conducted by Harris Interactive showed that 94 percent of female respondents believe most women would rather have a year filled with nights of good sleep than a year's supply of fresh flowers.

Instead of breakfast in bed for that special woman in your life, perhaps the bed is the place to start when thinking of a Mother's Day, birthday or anniversary gift. Giving a good night's sleep can be as easy as replacing an uncomfortable mattress with one that allows for personalized comfort, such as a Sleep Number bed. Unlike an innerspring mattress, this bed lets Mom find her optimum setting—a number between zero and 100 that represents the ideal combination of comfort, firmness and support.

"Women experience tough days, so they deserve a bed that delivers a good night's sleep. A proper sleep surface that allows a woman to control the level of comfort every night, like a Sleep Number bed, can help ensure the best sleep possible," said sleep researcher Pete Bills. "When well rested, a woman is better able to stay alert and focused, achieve a positive mood and maintain a sense of well-being. Basically, she can get up and do it all over again."



While the right bed is essential to a good night's sleep, Bills adds that some of the stress and restlessness impacting the quality and quantity of sleep may be self-induced. A combination of a comfortable, personalized sleep surface and a few adjustments to the bedroom can greatly reduce the number of sleep-deprived women.

Bills suggests that after considering the mattress, women should employ the following tips to create a sleep-inducing sanctuary:

- **Minimize light.** Darkness acts as a signal to the body to prepare for sleep. Keep blinds closed, and if that isn't enough, consider room-darkening shades or drapes.

- **Keep noise levels constant.** Abrupt changes in noise levels can disrupt sleep. For light sleepers or those who live in high-traffic areas, consider using a white-noise generator to muffle sounds.

- **Control the temperature.** The ideal room temperature for sleeping is 65 degrees and 65 percent humidity.

- **Maintain a "screen-free zone"** in the bedroom. Watching television or working on the computer stimulates the brain and may make it difficult to fall asleep.

- **Choose bedding that fits her needs** (and the needs of her sleep partner). Comfort can be personalized. Pillows and bedding accessories that fit preferred sleeping positions and other individual preferences are available at Select Comfort stores.

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