

# Sleep Facts



## Tips To Sleep Soundly

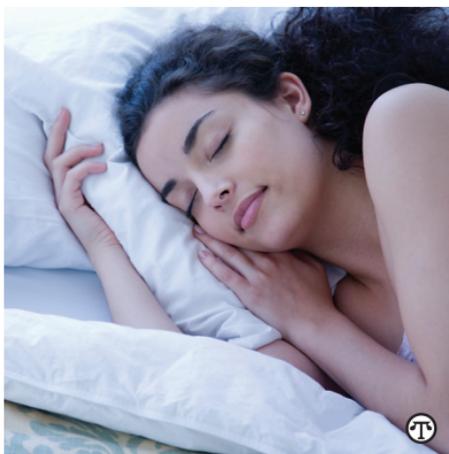
(NAPSA)—If you're like most people, there are some nights you toss and turn in bed, especially Sunday night. Many Americans find Sunday the most difficult night to fall asleep whether it's from stress of the upcoming work week or getting the kids ready for the school week. According to a survey by Febreze and ZzzQuil in partnership with the National Sleep Foundation (NSF), of Americans who struggle to fall asleep more on Sunday night, 68 percent attribute this to upcoming stresses including work week/job, general or the school week. Here are a few tips to make to your bedtime routine to get the good night sleep you need Sunday night and every night of the week:

1. **Establish a relaxing bedtime routine**, suggest the experts at the NSF, with time to wind down. Stop using computers or smartphones at least 30 minutes before bed. Twenty-two percent of those who struggle to fall asleep more on Sunday night are young adult Americans (age 18–34.)

2. **Take a warm bath.** This, the NSF adds, can help you relax and ease the transition into a deeper sleep. According to the survey, of those who say they struggle to fall asleep more on Sunday night, the average time spent falling asleep after getting into bed on Sundays is 64 minutes, and 84 percent of Americans say they wake up at least once during the night on Sundays with the average being 2.2 times.

3. **Try to get up and go to bed at the same times every day.** Many people sleep in on weekends and then have trouble falling asleep Sunday night.

4. **Darken the room.** Sunlight or even streetlight is a big sleep disrupter. Swap thin, transparent drapes for thick ones, even blackout drapes. Thick blinds can also keep unwanted light at bay, suggests Jenni Pulos star of Bravo's *Flipping Out*, and spokesperson



**To fall asleep easily, be sure your bedroom provides a soothing temperature, color and scent.**

for the Try it & Love it Sleep Soundly program.

5. **Install a ceiling fan.** As Pulos points out it creates a gentle, soothing breeze while giving off a soft sound to reduce unwanted noise.

6. **Add some zen.** Incorporate elements that inspire a tranquil environment like fragrance. Mist a soothing scent such as Moonlit Lavender or Warm Milk & Honey from the Febreze Sleep Serenity Bedroom Mist collection. Its advanced technology eliminates odors while creating a relaxing atmosphere.

7. **Paint your room a soothing color.** A calming shade from a cool-color family like grey, taupe, or a cool neutral can be relaxing, she adds, and paired with cozy bedding is a great way to get a restful night sleep.

8. **Regardless of the day, if you still suffer from occasional sleeplessness,** try a non-habit-forming sleep aid such as ZzzQuil, available in liquid and LiquiCaps, to fall asleep easily and wake refreshed.

### Learn More

For further information and expert advice from the National Sleep Foundation, visit [sleepfoundation.org](http://sleepfoundation.org) or to learn more about Febreze and ZzzQuil visit [Febreze.com](http://Febreze.com) and [ZzzQuil.com](http://ZzzQuil.com).



**Note to Editors:** March 2–9 is Sleep Awareness Week but this article can be useful to your readers at any time.