

## GOOD HEALTH BEGINS WITH A GOOD NIGHT'S SLEEP.

A good night's sleep is an essential part of a healthy lifestyle. It affects all aspects of your day — from how you feel, to your relationships, productivity, and ultimately, your quality of life. While you sleep, your brain goes to work, consolidating the day's learning into memory and reenergizing the body. The average individual requires 7-8 hours of sleep per night, but it differs for everyone. Some people may need as much as 10 hours a night, while others need much less. It's a safe bet, however, that if you sleep longer on the weekends than you do during the week, you aren't meeting your personal sleep requirement.



## BETTER SLEEP BEGINS WITH YOUR MATTRESS.

Your mattress has the potential to make or break a good night's sleep. If you're tossing and turning more at night or if you're waking up feeling stiff in the morning, it could be a sign that your current mattress is no longer the best for you. Your body appreciates a comfortable, supportive mattress and will let you know if what you're sleeping on is not up to the task.

## HERE ARE 10 TIPS TO HELP YOU GET THE SLEEP YOU NEED AND DESERVE:

- Maintain a regular bed and wake time schedule, including weekends.
- Establish a regular, relaxing bedtime routine such as soaking in a hot bath or hot tub and then reading a book or listening to soothing music.
- Create a sleep-conducive environment that is dark, quiet, comfortable and cool.
- Sleep on a comfortable mattress and pillows.
- Use your bedroom only for sleep and sex. It is best to take work materials, computers and televisions out of the sleeping environment.
- Finish eating at least two to three hours before your regular bedtime.
- Exercise regularly. It is best to complete your workout at least a few hours before bedtime.
- Avoid nicotine (e.g. cigarettes, tobacco products). Used close to bedtime, it can lead to poor sleep.
- Avoid caffeine (e.g. coffee, tea, soft drinks, chocolate) close to bedtime. It can keep you awake.
- Avoid alcohol close to bedtime. It can lead to disrupted sleep later in the night.

## How To Care For A New Mattress

With proper care your new mattress will provide years of comfort and support. Following is a general guideline for mattress care. Please refer to specific care instructions provided with any new mattress purchase.

- Two-sided mattresses should be turned/flipped every month for the first 6 months, every 3 months thereafter.
- Latex, visco and one-sided mattresses should be rotated every 3 months.
- Rotate foundation every 3 months.
- Never bend an innerspring mattress.
- Never bend a foam mattress more than 30 degrees.
- Use a quality bed frame. To avoid structural damage and voiding of your warranty, queen and king size sets must also be used with a rigid center support with a leg or bed slats.



## WHAT TO LOOK FOR WHEN BUYING A MATTRESS.

You spend more time on your bed than on any other piece of furniture in your home. That's why it's so important to find the mattress that's right for you. To determine the mattress that's best for you, go to a retailer of your choice and take a "SLEEP TEST": Lie down on different mattresses while paying attention to these important features:

### COMFORT

Gone are the days when a mattress had to be stiff-as-a-board to be good for you. And it's interesting to note that recent studies suggest that a medium-firm mattress is more likely to improve back pain than a firm mattress. Today's top quality mattress/foundation ensembles combine luxurious new cushioning materials and extra-soft surface treatments to create a more plush, comfortable feel.

### SUPPORT

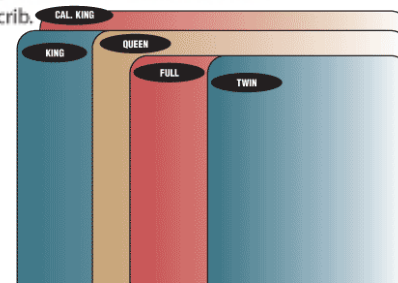
Correct support is the essential ingredient for a healthy body. A good mattress and foundation will gently support your body at all points and keep your spine in alignment. Pay special attention to your shoulders, hips and lower back. If there's too little support, you can develop back pain. But if the mattress is too hard for you, you can experience uncomfortable pressure. Don't rely on product labels to tell you which mattress will give you the right support. One manufacturer's "firm" may feel harder than another's "extra firm". The only way to find out if the support is right is to lie down and give it a try.

### DURABILITY

It's the quality of the materials used and how they're put together that determine how long a mattress and foundation will provide proper comfort and support. The best assurance of good performance over a good many years is to buy the highest quality sleep set you can afford. Don't look to the warranty to tell you how long to keep your mattress and foundation. The warranty is there to protect you from product defects, not against the gradual loss of comfort and support. Keep in mind that while a sleep set may still be usable after many years, it's probably not giving you the good night's sleep you deserve.

### MATTRESS SIZE

Cramped quarters can turn sleeping into a nightly wrestling match. A healthy sleeper moves anywhere from 40-60 times a night, including some dozen full body turns. You need freedom of motion while you sleep and to help you relax while you're falling asleep. If you sleep with a partner, be sure to select a queen or king size bed. Both are not only wider, but several inches longer than the standard "double" (full size), which offers each sleeper only as much space as a baby in a crib.



- Do not get the mattress wet.
- Keep your mattress clean by using a protective mattress pad.
- Do not use an iron or apply excessive heat to the mattress.
- Vacuuming is the recommended method of cleaning your mattress.
- If you need to remove a stain, use a mild soap and cold water; apply lightly. Never use dry cleaning fluid as those chemicals may cause damage.

## TAKE A SLEEP TEST!

Don't be embarrassed! You don't think twice about test driving a car, so you shouldn't think twice about "sleep testing" a mattress. Lie down on the mattress for several minutes and assess how well it provides support and how comfortable it is for you and your partner. The only way to tell if a mattress is right for you is to lie down on it!