

## Tips for a good healthy sleep

- **Keep regular hours:** Always go to bed at the same time each night and wake up at the same time each morning.
- **Develop a sleep ritual by starting a relaxing bedtime routine:** Do the same things each night to tell your body it's time to wind down. This may include taking a warm bath or shower, reading a book, or listening to soothing music. Relaxing activities done with lowered lights can help ease the transition between wakefulness and sleepiness.
- **Sleep on a Comfortable supportive mattress and bed:** It's difficult to get a restful sleep on a set that's too small, too hard, too soft or too old. With our TEMPUR mattresses each person's body weight and motion is perfectly absorbed and distributed evenly, eliminating "peaks" or pressure points that may cause pain and tossing and turning. When you lie on TEMPUR mattresses, the spine is in a natural position during sleep which is essential for the body's generation during the night. The TEMPUR mattresses don't transmit motion enabling you and your partner to sleep comfortably, without disturbing one another.
- **Keep the temperature of your room moderated:** Having a good sleep is not to have your room too hot or too cold and your covers too heavy or too warming. Our REM sleep cycles have 4 phases that shouldn't be interrupted to spend the night in the deep sleep. They get disturbed by variation in our body temperature during our sleep. Tempurkon bedding helps your body reach and comfortably maintain its optimum individual temperature for REM sleep.
- **Exercise regularly:** Regular exercises can help to relieve the day's tension. But not too close to bedtime because this can push your blood pressure up.
- **Don't smoke and drink only in moderation:** Smokers take longer to get asleep and awaken more often. The same happens when drinking alcohol shortly before bedtime.
- **Cut down on stimulants:** consuming stimulants such as caffeine or some kinds of drugs in the evening prevent deep sleep.
- **Unwind early in the evening:** Try to deal with worries and distractions several hours before going to bed.
- **Create a restful sleep environment:** Sleep in a cool, dark and quiet room on a comfortable supportive pillow, mattress and bed.
- **Make sleep a priority:** Say "yes" to sleep even when you are tempted to stay up late. You will thank yourself in the morning
- **Don't eat or drink large amounts before bedtime.** Eat a light dinner at least two hours before sleeping. If you're prone to heartburn, avoid spicy or fatty foods, which can make your heartburn flare and prevent a restful sleep. Also, limit how much you drink before bed. Too much liquid can cause you to wake up repeatedly during the night for trips to the toilet.

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- **Sleep primarily at night.** Daytime naps may steal hours from nighttime slumber. Limit daytime sleep to about a half-hour and make it during mid afternoon. If you work nights, keep your window coverings closed so that sunlight, which adjusts the body's internal clock, doesn't interrupt your sleep. If you have a day job and sleep at night, but still have trouble waking up, leave the window coverings open and let the sunlight help awaken you.
- **Be smart about napping.** While taking a nap can be a great way to recharge, especially for older adults, it can make insomnia worse. If insomnia is a problem for you, consider eliminating napping. If you must nap, do it in the early afternoon, and limit it to thirty minutes.
- **Choose a comfortable mattress and pillow.** Features of a good bed are subjective and differ for each person. But make sure you have a bed that's comfortable. If you share your bed, make sure there's enough room for two. Children and pets are often disruptive, so you may need to set limits on how often they sleep in bed with you.
- **Go to bed when you're tired and turn out the lights.** If you don't fall asleep within 15 to 20 minutes, get up and do something else. Go back to bed when you're tired. Don't agonize over falling asleep. The stress will only prevent sleep.
- **Use sleeping pills only as a last resort.** Check with your doctor before taking any sleep medications.
- **Check your bedroom for electro-magnetic fields (EMFs).** These can disrupt the pineal gland and the production of melatonin and serotonin (which regulate sleep), and may have other negative effects as well.
- **Move alarm clocks and other electrical devices away from your bed.** If these devices must be used, keep them as far away from your bed as possible, preferably at least 3 feet. Remove the clock from view. It will only add to your worry when you stare at it all night.
- **Avoid using loud alarm clocks.** It is very stressful on your body to be suddenly jolted awake. If you are regularly getting enough sleep, an alarm may even be unnecessary.
- **Go to the bathroom right before bed.** This will reduce the chances that you'll wake up to go in the middle of the night.
- **Eat a high-protein snack or a small piece of fruit several hours before bed.** This will help regulate and improve the quality your sleep.
- **No TV right before bed.** Even better, get the TV out of the bedroom. It's too stimulating to the brain, preventing you from falling asleep quickly.

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- **Listen to relaxation CDs.** Some people find the sound of white noise or nature sounds, such as the ocean or forest, to be soothing for sleep. An excellent relaxation/meditation option to listen to before bed is the Insight audio CD. Another favorite is the Sleep Harmony CD, which uses a combination of advanced vibrational technology and guided meditation to help you effortlessly fall into deep delta sleep within minutes. The CD works on the principle of “sleep wave entrainment” to assist your brain in gearing down for sleep.
- **Read something spiritual or uplifting.** This may help you relax. Don't read anything stimulating, such as a mystery or suspense novel, which has the opposite effect. In addition, if you are really enjoying a suspenseful book, you might be tempted to go on reading for hours, instead of going to sleep!
- **Write in a journal.** If you often lay in bed with your mind racing, it might be helpful keep a journal and write down your thoughts before bed.