



How to Get to Sleep

Falling asleep easily is affected by what you do in the hading up to bedtime. Make these changes to your evening routine to make getting to sleep simple and stress-free.



END IT EARLY

If you're having an emotionally fraught or tense conversation with someone, try to end it an hour before bed. This gives you time to gain perspective, unwind and assume a more relaxed state.¹



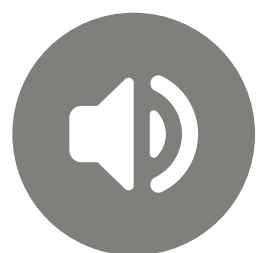
MAKE A NIGHTTIME ROUTINE

It's not just kids that need a bedtime routine. Adults can benefit as well. Having a series of steps to get ready for bed teaches your brain to grow accustomed to the process and prepares it for rest.²



FIND YOUR COMFORTABLE SPOT

"Comfortable" is subjective, but having a mattress that you find cozy is key to sleeping well. People who find their mattress comfortable have deeper sleep and more sleep efficiency than people who sleep on something they're not satisfied with.³



LEAVE THE SCREEN BUT KEEP THE SOUND

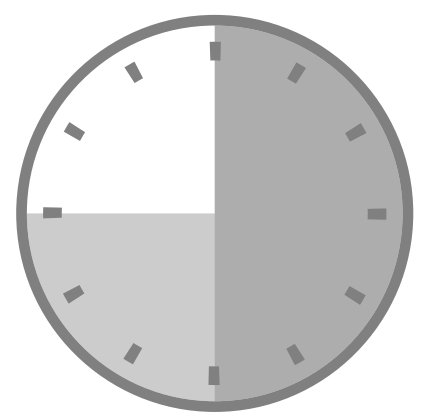
Experiencing pleasant nature sounds helps people recover from stress faster.⁴ Have a video or playlist set to go for bedtime so you don't have to fiddle with your phone pre-bed. Search nature sounds to get the kind of auditory assistance that will let you drift off into relaxation.



How Much Sleep Should You Get at Night?

The amount of sleep a person should get varies based on what you may be reading or watching, but the common belief is somewhere between 6 – 9 hours a night. There's nap-sized gap in that range, so what's the right amount of sleep for you?

New research suggests that the amount of sleep you should get is dependent upon your genetic makeup and lifestyle.¹ Short sleepers often have a more vigorous lifestyle while long sleepers need more breaks and less stress. Although some people try to reduce the amount of time spent sleeping, it's a good idea to let your lifestyle and natural preferences dictate how many hours of deep sleep you need each night.



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How to Get Better Sleep

Once you fall asleep, learning how to stay asleep is important for your body and mind. Sleeping too little is associated with health risks and impaired brain function.¹ Here are the key ways to get better quality of sleep.



MOVE YOUR BODY

People who get high levels of recreational physical activity tend to have deeper, higher quality sleep than those who don't or are just very active in their house or lifestyle.² This means cleaning up the house doesn't necessarily make for better sleep, but playing a round of tennis or walking the dog at a brisk pace could improve your depth of sleep.



CHOOSE COMFORT

Sleeping on a worn out mattress can negatively affect the quality of your sleep.³ Even when you can fall asleep quickly, the depth of sleep is what determines a fresh wake up or a groggy start. Try out several mattresses and choose the one the best fits your body's comfort needs.



MAINTAIN SLEEP HYGIENE

Your teeth and skin aren't the only things that require hygienic practices. The quality of your rest depends on hygiene, too.⁴ To get your best sleep, stay well-hydrated throughout the day. Find the balance between avoiding thirst and drinking so much water that it may wake you at night. Limit noise in your bedroom, and incorporate white noise if necessary to eliminate surprising outdoor noises. Keep a pen and paper next to your bed to jot down anything you might worry about later to avoid feeling anxious in bed.

SHARE ON SOCIAL MEDIA:



1. Recommended Amount of Sleep for a Healthy Adult: A Joint Consensus Statement of the American Academy of Sleep Medicine and Sleep Research Society Consensus Conference Panel: Nathaniel F. Watson, MD, MSc, Moderator ; M. Safwan Badr, MD ; Gregory Belenky, MD; Donald L. Bliwise, PhD ; Orfeu M. Buxton, PhD; Daniel Buysse, MD; David F. Dinges, PhD; James Gangwisch, PhD ; Michael A. Grandner, PhD, MSTR, CBSM ; Clete Kushida, MD, PhD ; Raman K. Malhotra, MD; Jennifer L. Martin, PhD; Sanjay R. Patel, MD, MSc; Stuart F. Quan, MD; Esra Tasali, MD

2. Consistently High Sports/Exercise Activity Is Associated with Better Sleep Quality, Continuity and Depth in Midlife Women: The SWAN Sleep Study Christopher E. Kline, PhD, Leah A. Irish, PhD, Robert T. Krafty, PhD, Barbara Sternfeld, PhD, Howard M. Kravitz, DO, MPH, Daniel J. Buysse, MD, Joyce T. Bromberger, PhD, Sheila A. Dugan, MD, and Martica H. Hall, PhD

3. Quantitative effects of mattress types (comfortable vs. uncomfortable) on sleep quality through polysomnography and skin temperature Hyunja Lee , Sejin Park]

4. Relationship of Sleep Hygiene Awareness, Sleep Hygiene Practices, and Sleep Quality in University Students. Franklin C. Brown PhD , Walter C. Buboltz Jr PhD & Barlow Soper PhD



Are Adjustable Beds Better for Sleep?

Finding the best position to sleep is important to getting your most restful sleep.

Not all sleeping positions are created equal. With an adjustable base bed, you can control the position of how you sleep or rest. Adjustable bases can alleviate back pain, sleeplessness and discomfort. In fact, actively controlled sleep systems result in significant improvements in terms of spinal alignment compared to a static sleep system.¹

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Beyond the hours of sleep, quality of sleep is a key factor in perceiving wakefulness. If you have ever woken up after sleeping 8 hours, but still feel tired, it may be due to the perception of your sleep overall. When using an adjustable base for a mattress, people report better sleep quality just knowing that they have the option to adjust the bed to their liking.¹

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OPTIONAL RETAILER CTA







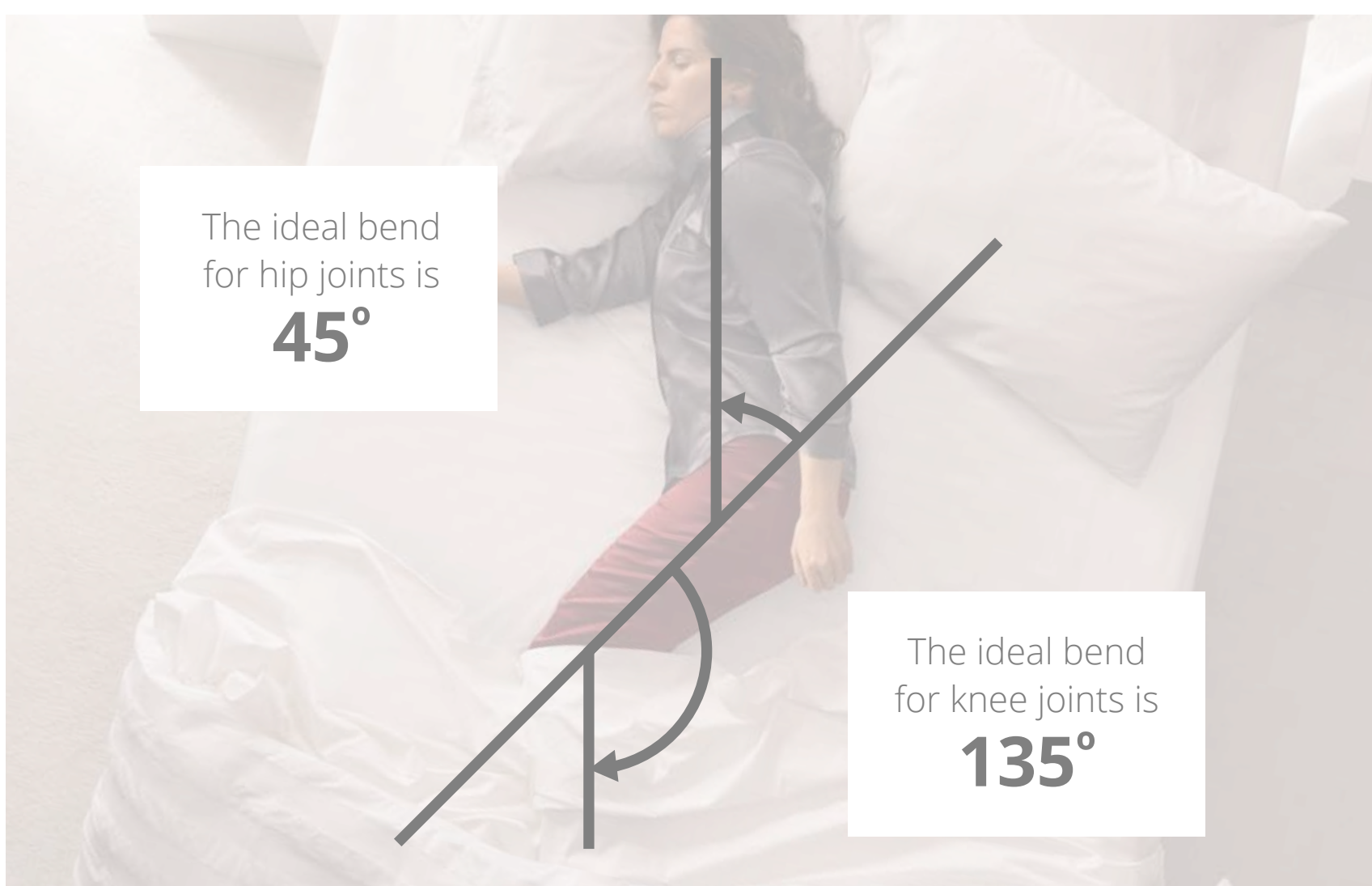
1. VERHAERT, V. (11, December 12). Ergonomic analysis of integrated bed measurements: towards smart sleep systems. Retrieved April 17, 2017, from <https://lirias.kuleuven.be/handle/123456789/320726>



Ergonomic Sleeping: What's the Best Position to Sleep in?

Lying down to sleep seems like a simple notion, but not all sleep positions are created equal.

Spinal alignment affects sleep², and due to variations in body types and sizes, finding the sweet spot for sleep can be tough. Your body position, weight distribution and angle of your spine make a difference in both sleep quality¹ and back pain. It's so important that researchers have spent many years to determine the best position for sleeping.



Sleeping on your side with knees bent at a 135° angle and hip joints at a 45° angle lets the spinal column relax¹ best. Finding those exact measurements while laying down is difficult, but you can get close. Your bed shouldn't be too soft – letting body weight sag down – or too firm¹. The key is to find a mattress and base that fits your body, and never let a worn mattress interrupt an opportunity for your best sleep.

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OPTIONAL RETAILER CTA



1. Haex, B. (2005). Back and bed: ergonomic aspects of sleeping. Boca Raton: CRC Press.
2. VERHAERT, V. (11, December 12). Ergonomic analysis of integrated bed measurements: towards smart sleep systems. Retrieved April 17, 2017, from <https://lirias.kuleuven.be/handle/123456789/320726>



The Best Method for Falling and Staying Asleep

If you've ever had trouble falling asleep, you probably know that there are hundreds of recommendations on the easiest ways to fall asleep.

Falling asleep can be difficult for some people. Counting backwards, drinking a glass of warm milk or reading at bedtime are common recommendations. However, things like [exercise, sleeping in a bed that fits your body's comfort needs and proper sleep hygiene](#) are more reliable in helping a person fall asleep.



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If you need extra help drifting off get science on your side. The degree of dilation of blood vessels in the hands and feet is the best physiological predictor for the rapid onset of sleep.¹ In order to turn your foot temperature to your advantage, take a warm bath before bedtime. Both young and older adults experience less body movements in the first 3 hours of sleep, and older adults experienced “good sleep” and “quickness of falling asleep.”²



“If you need extra help drifting off...take a warm bath before bedtime.”



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1. Kräuchi, K., Cajochen, C., Werth, E., & Wirz-Justice, A. (1999, September 02). Physiology: Warm feet promote the rapid onset of sleep. Retrieved April 17, 2017, from <http://www.nature.com/nature/journal/v401/n6748/abs/401036a0.html>
2. Kanda, K., Tochihara, Y., & Ohnaka, T. (n.d.). Bathing before sleep in the young and in the elderly. Retrieved April 17, 2017, from <https://link.springer.com/article/10.1007%2Fs004210050560?LI=true>