

# OWN THE MORNING



**W**e have all heard the phrase “New Year, New You”. Every year the most popular resolutions tend to be about losing weight, exercising more and eating healthier. This year instead of making a new year’s

resolution that, let’s face it, most of us won’t keep; let’s focus on one “Own the Morning!” With the onset of the next 365 days, we will all spend 121 days sleeping. Every one of those 2904 hours spent in quality sleep can benefit mental and physical health. Sleep helps regulate the hormone leptin, which makes you feel full. If you do not get enough sleep, this hormone doesn’t work

correctly and you feel hungrier. This is one of the reasons why people who are sleep deprived often struggle with their weight. When you sleep poorly, your emotions are harder to control, and you feel more stressed. So the more sleep you get, the happier you will feel.

Owning the morning can be easier than you think, it starts with a good night sleep. Your bedroom environment and mattress play a key role in facilitating a restful night. Sleep science researchers recommend keeping your sleep sanctuary, dark, quiet and cool (62-70 degrees Fahrenheit). When choosing a mattress, there is no one size fits all. Look for one that gives you proper support and comfort. Statistics Canada

reveals that 1/3 of Canadians don’t get the recommended 7-9 hours of sleep a night. Deciding that you are going to start getting more sleep and heading to bed an hour earlier in a single night can leave you tossing and turning. Instead, try following the rule of 15. Go to bed 15 minutes earlier each night and you will be going to bed an hour earlier within 4 days.

Rise and shine! In the morning when your alarm goes off, don’t hit the snooze button, get up and

open the blinds. Exposing yourself to bright lights or day light first thing in the morning, helps shut down the natural production of melatonin making you feel more refreshed and awake.

At Sleep Experts, we encourage all our clients to commit to at least one New Year’s resolution, Own the Morning! You will feel more awake and give yourself a fresh start to your day and to 2018. All the best in the new year!

Sweet Dreams,

*Nadine Harrison*



**Sleep Experts**

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