

# BEAUTY SLEEP IS A REAL THING



Have you ever wondered why Sleeping Beauty was so beautiful? A Swedish study was partly inspired by this question, when a researcher's young daughter

asked him about whether or not it was a long nap that made Sleeping Beauty so lovely? The study revealed that the amount of restful sleep we get can have a direct correlation on appearance. While the widely used term "beauty sleep" dates back to 1859, sleep may actually be the closest thing there is to a fountain of youth. The key is to get at least 7 – 9 hours



of quality sleep a night. If you're getting fewer than 7 hours, it's likely to affect your appearance. There are many beauty benefits from getting enough rest.

While we sleep our skin produces collagen, which helps to hydrate and plump the skin making it less likely to wrinkle. Getting 5 hours of sleep a night can lead to twice as many fine lines and wrinkles as sleeping 7 hours would. In deep sleep our bodies increase the blood flow to our skin. Sleep deprivation causes a decrease in blood flow causing skin to become dull and pale. Dark circles under the eyes are one of the first things we see when we don't get enough sleep. Proper rest can minimize this since blood won't accumulate and become visible around

the thin skin under the eyes. Lack of sleep can lead to stress, triggering an increase in the hormone Cortisol resulting in hair damage and loss. When you're tired your facial expressions change in subtle ways. In one study conducted at Karolinska Institute in Sweden, subjects were shown photographs of volunteers after good (8 hours) and bad (4 hours) sleep sessions. Results showed that after the bad sleep sessions, volunteers were perceived as sad, depressed and even

unhealthy. This study is a good reminder of how important it is to get enough sleep.

At Sleep Experts we carry a full line of mattresses, pillows and adjustable bases, all the tools needed to achieve a good night sleep. Stop in and let one of our sleep advisors "fit" you for your new sleep system. Enjoy all the benefits of a good night sleep so you can put your best face forward.

Sweet Dreams

*Chuck Lord*

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**1984 Regent Street 705-523-0595**