

# “BETTER IN BED”



Over 30 years ago, the Better Sleep Council designated May as “Better Sleep Month.” The council has been using the month of May to focus attention on the importance of sleep and how it relates to leading a healthy lifestyle. Lack of sleep can weaken the immune system, impair memory retention and contribute to depression, heart disease, diabetes and

obesity. Unlike proper diet and exercise, sleep has always been one of the most overlooked health priorities. Today, with the growing emphasis on sleep science research, people are starting to appreciate the benefits of a good night’s rest and even boast about how much restful sleep they get.

According to a 2017 article in the New York Times, sleep is becoming a new status symbol.

This year the Better Sleep Councils theme

is “Better in Bed” so for the entire month of May, Sleep Experts encourage our clients to become “Better in Bed” with better sleep. We invite you to stop



into our showroom and enjoy extra savings on mattresses, adjustable beds, pillows and accessories. Visit our website to submit a review as to how your new mattress or pillow

purchased at Sleep Experts has made you “Better in Bed” for a chance to win. Follow and “Like” us on Facebook and Instagram to read our daily sleep related “Facts & Tips”. Make this the month you become “Better in Bed”, as it relates to sleep of course.

Sweet Dreams

*Nadine Harrison*

**Sleep Experts**

MATTRESSES & MORE FOR A BETTER SLEEP

[www.sleepexpertssudbury.ca](http://www.sleepexpertssudbury.ca)

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