

DON'T BE A SLEEP SCROOGE THIS HOLIDAY



It might be the most wonderful time of the year, but the holidays can also be filled with stress, busy schedules, and not enough sleep. Everything from late night holiday parties to creating that special menu, it is important to make sure you maintain

your proper sleeping habits. This will help you feel better, look better and reduce stress over this holiday season. Gathering with family and friends to laugh, catch up and exchange gifts can help reduce stress by boosting levels of the so called “cuddle” hormone OxyContin, but you need to be aware, not all friends and family are created equal. Family obligations can be one of the biggest causes

of stress over the holidays. Don't be afraid to say “NO” and be realistic about how much time you have and who you want to spend that time with. Be careful not to overextend yourself, we should be making a list and checking it twice. Try not to wait until the last minute when prepping, think of what can be done ahead of time to reduce the stress of the busy day. When it starts to feel like you have too much on your plate, put down that glass of wine and take a twenty minute nap or put on a funny flick. While alcohol may seem to relax you, it can actually disrupt your sleep cycle, while giving yourself a good laugh can reduce your stress hormone.

With the capturing of family and friend memories around

this time of the year, we always want to look our best. As important as sleep is for your mental and physical health, we sometimes forget the toll it can take on our physical features. Your body pushes blood flow to the skin while you're sleeping creating that healthy glow, but as we get tired, so does our skin. Making sure you maintain your proper sleep habits and even giving yourself a curfew to get to bed on time will reduce the overall stress to your body.

This will improve the look of your skin and help reduce those dark, puffy circles around your eyes. This holiday season; come visit us at Sleep Experts, where we make it easy to give the gift of sleep with our full line of mattresses, pillows and accessories. The sleep advisors at Sleep Experts wish all of our clients a Happy Holiday and the very best in the New Year.

Sweet Dreams,

Chuck Lord



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