



Just the Straight Sleep Facts

an increased risk of having a stroke.

Osteoporosis: Dr. Carol Everson who led research on osteoporosis symptoms concluded that a regular lack of sleep can hinder the natural repair of bones that the body undergoes nightly. People who don't get enough sleep may have decreased bone density which leads to osteoporosis.

Cancer: A study in the International Journal of Cancer has linked disruption in a person's circadian rhythm with an increased risk of some cancers including breast cancer.

Obesity: The Harvard Medical School has several studies that link a lack of sleep with weight gain. People who get less than six hours of sleep a night have a higher than average body mass index. Your body has



Wake up feeling great! Come in and try out the comfort of this Leggett & Platt mattress system or any of the other high quality mattresses that we have in our showroom.

lower levels of the hormone that tells your brain it has enough food and higher levels of a biochemical that stimulates your appetite.

Diabetes: Insufficient sleep has been found to influence the way your body processes glucose. A lack of sleep means that your body is slow to process that glucose which can lead to diabetes.

Life Expectancy: The numbers from three large studies show that people who regularly

sleep less than 5 hours a night have an increased mortality risk of 15% than those who get the recommended 7-8 hours a night.

About 40% of Canadians have indicated that they suffer from sleep problems and most of these people just accept it and don't even bother mentioning their sleep disorders to their doctors which can have serious health

consequences. So if you are regularly experiencing sleepless nights talk to your doctor.

There are a ton of relaxing and

rejuvenating reasons to get a good night's sleep every night. Your stress levels are lowered, you learn new things quicker, you are less accident prone, your weight levels decrease and your athletic performance increases and you are less susceptible to depression and anxiety.

If your doctor assures you that your lack of sleep is not a symptom of a health problem then it may be that your bed isn't providing the comfort it should. We can help!

Visit our showrooms at Sleep Experience and we'll answer all your questions to help you sleep well all the time.

Anne Conlon

Sleep Experts

MATTRESSES & MORE FOR A BETTER SLEEP

www.sleepexpertssudbury.ca

1984 Regent St.,
705-523-0595

1955 Lasalle Blvd.,
705-524-7533