

# Sleep Naked and Don't Lose Your Sense of Humour!



**S**tudying sleep has increased exponentially over the last decade and researchers agree that lack of good sleep has become an epidemic. We thought that we'd round up the year by letting you in on some of the more specialized research that's been done on sleep and the lack of it.

Those of us who get out of bed on the left side have more friends, enjoy our jobs more and are likely to be in a better mood than those people who get up on the right side of the bed says a UK study.

Sleeping naked can actually increase the quality of your sleep mostly because it keeps your body cooler.

In one of the larger sleep studies ever conducted, University of Sydney

researchers concluded that sleeping-in regularly increased your risk of death by 44% while sleeping less than seven hours a night only increased mortality by 9%

If you're sleep deprived your brain is unable to regulate emotions - so grumpy becomes your emotion's default.

If you share a bed with your partner, the person who sleeps on the right side of the bed is likely to be more cranky when he/she wakes up.

Researchers from University College in London found that teenagers who are on social media sites within 30 minutes of bedtime had, on average, grades 20% less than those who didn't use social media before bed.



Finding something funny is a very complex process for your brain. Scientists at the Walter Reed Army Institute of Research found that we lose our sense of humour when we don't get enough sleep.

Loughborough University's Clinical Sleep Research Unit found that the coordination of your mouth and tongue to form speech is quite complicated.

People who suffer from

insomnia tend to have voices that sound almost robotic - very flat and monotone.

A common test to see how tolerant someone is to pain is to measure how long they can keep their hand in cold water.

People who are sleep deprived remove their hands far earlier than people who sleep well.

If you are sleep deprived, one unit of alcohol will have the same effects as three units consumed by a fully rested person.

We look older if we are sleep deprived. The muscles of our eyelids and the corners of our mouths will droop noticeably if we are sleep deprived. If sleep deprivation is constant those droopy faces become your permanent face.

University of Colorado asked

people to reduce their sleep to only five hours a night. On average each participant gained 2lbs in one week.

The holidays are around the corner and Sleep Experience has some great gift ideas. We're clearing out last year's models of mattresses at great prices so come in and take our comfort test and we'll give you a gift of good sleep with a \$100 gift card. We're also making it easier to choose to wrap pillows up under the tree for those on your gift list. When you purchase a pillow you get the second one at half price.

Sleep Experience hopes everyone's holidays are filled with the joy that comes from getting a good night's sleep!

*Jim Conlon*

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