



Walk For A Great Sleep

So you can spend your nights staring at your alarm clock or you can do something about it.

A 20 minute walk in the late afternoon or evening, whether outdoors or on your treadmill will work wonders. The Journal of Clinical Sleep Medicine published a report that showed that only one walk

increased Total Sleep Time among insomnia patients by 26%. Participants fell asleep faster and as an added bonus a single walk resulted in a 15% reduction in anxiety among these same participants. After 4 weeks of walking four times



If you are having trouble sleeping try walking. One 20 minute walk could increase your Total Sleep Time by 26% that same night. Photo by: John Carver

per week their sleep quality was vastly improved.

But the same study cautions about exercising close to bed time. Contrary to what many people think, a hard work out before bed won't do anything to help you get a good sleep

and it's all due to your body's temperature. Your body's temperature naturally lowers itself when it's time to sleep. A twenty minute run will heat up your body's temperature sometimes by as much as two degrees and it could take up to five hours for your temperature to fall again which means you'll be tossing and turning for a while so

exercise at least three or more hours before bed time.

If you are looking to improve your sleep, the best time of day to exercise is in the late afternoon and early

evening. Your body's temperature will start to fall just as you're ready for bed.

If you find yourself still tossing and turning trying to get comfortable then it could be your mattress. Most beds have an average life expectancy of eight years according to the National Sleep Foundation. If yours sags, has lumps or you find yourself dipping and rolling every time your partner moves then its way past it's best before date.

Take a walk to your nearest Sleep Experience location and we'll be glad to show you how a new mattress can help you sleep better.

Jim Conlon

Tuesdays are Seniors' Sleep Better Days

If you are looking for a new bed, Sleep Experience is offering to pick up seniors who need a ride to bring them to either of our Sleep Experience locations at no cost to you.

Just give us a call and we'll set up your appointment!

Sleep Experience

BETTER SLEEP BEGINS WITH YOUR MATTRESS

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