

WHEN THE HEAT IS ON



As the colder outside temperatures set in and the furnace clicks on, it may not be the first thing we think of but temperature plays an important role in the quality of our sleep. Studies reveal that while cooler temperatures enhance sleep,

warmer temperatures can inhibit it.

At the onset of the sleep cycle our bodies naturally start to cool down and release heat. Body temperature drops by about 3 degrees causing us to feel sleepy. In these early stages of sleep body temperature is consistently regulated by the hypothalamus, but as we progress into restorative deep sleep the hypothalamus “clicks off“

During this stage of sleep, thermal regulation (the state of being not too warm or not too cold) is determined mostly by our sleep environment.

Research indicates that higher body temperatures can lead to less time spent in deep sleep since we tend to sweat uncomfortably causing sleep to be interrupted. Sleep specialists recommend keeping our bedroom environment like a cave... cool, dark and quiet. They suggest that temperatures between 16 and 19 degrees Celsius can help our bodies remain thermally neutral and facilitate a more restful and uninterrupted sleep. Since a big part of the bedroom environment includes the mattress, it's important to select the right

one. Choosing a mattress that is firm and supportive with temperature regulating properties will be conducive to a better sleep.

Zedbed, a Canadian manufacturer, utilizes sleep science research in the development of a specialty line of ergonomically designed mattresses featuring ventilation channels and perforated foam for better airflow and circulation. Unlike traditional memory foam mattresses which absorb and trap heat, Zedbed

technology in sleep systems optimizes the conductive properties of gel to absorb heat, store it and release it through the mattress helping the body maintain a temperature neutral environment throughout the night.

Sleep Experts is proud to offer our clients a complete line of Zedbed products. We invite you to come in and experience the benefits of Zedbed for a better night sleep!
Sweet Dreams

Nadine Harrison



Sleep Experts

MATTRESSES & MORE FOR A BETTER SLEEP

www.sleepexpertssudbury.ca

1984 Regent St.,
705-523-0595

1955 Lasalle Blvd.,
705-524-7533