



Feeling Old? Don't! It's Probably Your Mattress

Many people believe that sleep becomes more elusive as we age and that, short of popping a sleeping pill, there's nothing to be done.

Those of us who have reached a certain age also find that it's getting harder to recover from just about anything that strains the body from late nights to shovelling snow.

"I'm getting old..." is a common refrain echoed in many homes the morning after an unproductive sleep as the aches and pains and restlessness robbed you of a good night's sleep.

Sleepiness and aches and pains are not what you should be feeling when you wake up nor are they a natural part of aging. The facts are that it's

not your age, it's your mattress!

In a groundbreaking study Dr. Chris Idzikowski, a top British expert on sleep undertook a study for the Sleep Council. He found that people got a far better sleep when they purchased a new mattress rather than taking a sleeping pill. On average people who slept on a new mattress got almost

an hour more sleep than those who took a pill and slept on their old mattresses.

Similarly, those who wake up with aches and pains should consider this advice too. Dr. Breus who is a WebMD sleep expert says that if you wake up with low back pain that takes 15-30 minutes to get rid of then that's a strong indication that you are sleeping on an



You deserve a bed that supports you whatever you do. This one is crafted by Leggett & Platt and you can try it out in our show room at both locations of Sleep Experience.

inappropriate mattress.

The perfect mattress, says Dr. Breus is one where you feel no pressure. It almost makes you feel like you are floating on air.

The best mattress to choose is one that provides even support with a surface that is soft enough to cushion aching joints while providing a good night's rest. Also, look at the height of the bed which should

be at knee level of the person who uses that bed. A mattress that is much higher or lower than knee height will be harder to get in and out of.

Sleep Experience has dozens of different mattresses in our show

rooms. From natural latex, to memory foam and innerspring coils we know that not everyone sleeps the same. Your health issues, your

sleeping position, your partner and your comfort levels all play an important part in your mattress selection. We will take the time to find out your sleeping needs and will let you know what to look for in a mattress. We encourage you to take the time to try them out and bring your partner if you share a bed.

Sleep is too important to your health at all ages so it's time to search for the perfect sleep now before your uncomfortable mattress starts playing havoc with your health.

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