

# Living and Sleeping in Residence



School will soon be in session and all those university and college students who are going out of town will be moving into residences or fur-

nished apartments in the next couple of weeks. Most of these places will provide twin mattresses but you are required to bring your own bedding. The majority of residences only provide twin beds but make sure you check because some residences have extra long twins.

But before you think about slapping some clean sheets on

top of those mattresses you should consider the results of this survey that might have you looking for some extra protection against the "cooties" as the Sleep M.D. Dr. Lisa Shives describes the bacteria found in students mattresses and bedding.

The independent study recently commissioned by Sleep-

Better.org found that students should really be trying for better grades when it comes to keeping their beds clean. The study tested the bedding in college residences in 25 U.S. states and found that 43% of students reported that they

washed and changed their bed sheets once a month while 3% said they never changed their sheets at all during the school year. Researchers also found that almost half of the students surveyed said they washed their mattress pads every couple of years while 43% said they had never washed them at all.

Now factor in that mattresses in some residences and furnished apartments could be as old the building itself and you are looking at a not so comfortable and relaxing experience.

There is a solution and it's a comfortable one. The Pure Latex Bliss Toppers which are mattress toppers that provide comfort and cleanliness come in all sizes from twin to king and different support levels from soft to firm - and they are available at Sleep Experience.

The Pure Bliss Latex Toppers are made with Talalay Latex which is a rubber-based material that comes from the tropical hevea brasiliensis tree. Air is infused into the latex compound to create latex's open cell structure. It has been used for over fifty years to produce one of the finest materials ever used in a mattress or topper.

Sleep Experience also has a great selection of mattress pads and pillow and pillow protectors to make your student's room into a healthy home away from home.

Drop in to Sleep Experience and we'll help you find the healthy protection you need to help you sleep well.

*Jim Conlon*



*Sleep Experience carries Pure Latex Bliss Toppers as well as a selection of mattress and pillow protectors.*

**Sleep Experience**

BETTER SLEEP BEGINS WITH YOUR MATTRESS

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**pure LatexBLISS™**  
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- Pure LatexBliss beds elevate your body and cradle tense muscles, allowing them to relax.

- Talalay Latex lifts your body creating a buoyant effect that relaxes your body which relaxes your mind so you can sleep better.

- Talalay Latex offers relief from sleepless nights. It takes pressure off hips & shoulders, increasing blood flow & reducing tossing & turning.

## Relax Your Body, Relax Your Mind



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