



How to Wake Up on the Bright Side of Life Every Morning

Monty Python may not have been singing about comfortable beds and sleep habits in one of their most well known skits but you can't help but smile when the comedy troupe starts singing and whistling "Always Look on the Bright Side of Life". The song's point is there are things you can do to make your life better. For starters, wouldn't it be great to wake up refreshed, relaxed and with a smile every morning? While we can't help you with your every day stresses, at Sleep Experience we can give you some tips to help you achieve a good night's sleep which can help you deal with those stresses better. So here goes!

1) Set Your Internal Clock and Stick with It.

Go to bed at the same time

and wake up at the same time, even on weekends. The average person needs from 7-8 hours of sleep nightly for optimum function the following day. Our bodies were built to function on a regular schedule and keeping erratic sleep habits throws every system out of whack.

2) Make Your Bedroom a Sleep Haven.

Cool, dark and quiet is the way to go. Those background noise makers that offer the soothing sounds of waterfalls or birds chirping may help to relax you before you fall asleep but your body needs complete quiet to enter the REM (Rapid Eye Movement) stage of sleep that is so important for our health. Draw the curtain so the morning light doesn't wake you and use a nightlight to light your way if you do get up because turning on a bright light will tell your brain it is time to get up and

you will have difficulty falling back asleep.

3) Stop drinking caffeinated or alcoholic beverages about 5-7 hours before turning in. We all know that caffeine is a stimulant and its effects take hours to finally let us fall asleep. Alcohol on the other hand is a depressant and at night when your brain is supposed to be doing all its vital housekeeping the alcohol affects the process. Our muscles don't relax, our blood pressure doesn't drop and our heart rate doesn't slow down making for a poor night's sleep.

4) Technology Has No Place in the Bedroom!

It is a proven fact that bright computer screens and televisions, especially if they are left on all night, keep us from reaching REM and without that deep sleep you won't feel rested in the morning. Sleep texting is on

the rise and it's not a joke. "The line between sleep and wakefulness is blurring" according to Dr. Michael Gelb a clinical professor in New York. You text someone just before you fall asleep and a few minutes later you are jolted awake by the ping of your phone which many of us are answering. Dr. Gelb has classified sleep texting as a parasomnia which is in the same class as night terrors and sleep walking. So leave your phone and its blinking charger in another room.

5) Your Mattress Should Be Comfortable and Supportive.

Steven King, one of Leggett & Platt's Sleep Geeks says it best when it comes to choosing a mattress, "I am not the first one to say it and it requires

repeating: we think nothing of spending \$50,000, \$60,000 on a new car. When it comes to our sleep, we look for a king mattress on a scratch/dent/floor model sale at 80% off. **Have some respect for sleep.** By age 80 we have spent over 26 years sleeping on a mattress. Invest the money in a wonderful, luxurious, life-supporting mattress and experience the dividends and magic of blissful sleep."

Drop by either location of Sleep Experience and we'll be happy to share more of our sleep tips with you to make sure you wake up on the right and bright side of the bed every day.

Jim Conlon

Sleep Experience

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