



There's No Place Like Home for a Better Sleep.

According to a National Sleep Foundation survey consumers are taking control of their bedroom environments and enjoying more restful sleeps. While choosing the right mattress is key for getting a good sleep, the right choice of pillows and sheets can take quality of sleep from

good to great. When selecting a proper pillow there is no "one size fits all". Traditionally, down or fibre filled pillows required scrunching, flipping and fluffing in an effort to achieve comfort. Today pillow designs take their cue from advanced mattress technologies. Latex, memory foam and specialty pillows utilize ventilation techniques and gel to increase airflow and maximize temperature regulation for a cooler and healthier sleep environment.

A wide selection of pillows are now available to support side, back and stomach sleepers, promoting better spinal alignment and pressure relief.

The Better Sleep Council reveals that while selecting the right pillow can enhance slumber, choosing the right sheets can give you that better than "hotel sleep". When deciding on bedding, higher thread count sheets are not necessarily better. Dense weaves don't allow air to pass through and circulate, causing moisture and heat to be trapped below the sheet surface. Thread count sheets between 200 and 400 allow better ventilation and temperature control. Choosing fabrics made of natural fibres like wool, cotton and bamboo are best. These breathable materials wick away moisture keeping your sleep surface cool and

dry. When designing a perfect bedroom retreat don't forget the fragrance! Clinical studies have shown that aromatherapy is another way to improve quality of sleep. Lavender and mandarin can promote relaxation, reduce stress and lower anxiety. Cedar and sandalwood helps to stimulate the production of melatonin, the hormone that facilitates sleep. The National Sleep Foundation official mattress and pillow protectors have incorporated scent sachet pockets into their protective covers,

ensuring that its easy and convenient to enjoy the benefits of aromatherapy for better sleep. At Sleep Experts we have sourced our North American manufacturers to provide our clients with the best selection of pillows, bedding and protective covers. Let one of our sleep advisors show you how to turn your bedroom into your personal sleep oasis. Relax, rejuvenate and restore for your very best tomorrow.

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