



Power Up as you Power Down

“Lights Out!”

Do you remember hearing this as a child at bedtime? Did Mom really mean turn the lights out so that darkness can help stimulate the production of melatonin and

make you sleepy? Well Mom knows best! According to the National Sleep Foundation, scientists are now beginning to understand the sleep and wake cycles and how they relate to exposure to day light and darkness. The bright light emitted from television, cell phones and tablets are actually unhealthy when you are trying to fall

asleep since melatonin, “the Dracula” hormone, is only produced in darkness. These technological devices can inhibit the production of melatonin and disrupt the sleep – wake cycle. Over the past few years there has been an increased focus on technology and sleep science. Research reveals while changing our sleep environment can be very beneficial, changing the way we sleep can also facilitate a more restful night. While The Better Sleep Council recommends powering down before bedtime, powering up an adjustable bed can promote better health. Originally used to provide added comfort to patients in medical settings, the adjustable bed has transformed into a functional lifestyle base while still

providing health benefits. Features like head incline adjustability can help to alleviate snoring, acid reflux and aid in digestion. The leg elevation feature can promote better circulation and reduce swelling. Zero gravity which provides customize support and allows to closely match the natural curvature of your spine can reduce pressure and tension on your back for a more natural and comfortable sleep. Massage options help relieve stress and promote relaxation. At Sleep Experts we understand

the diversified comfort and health needs of our clients. We show case our entire collection of mattress on adjustable bases so that we are able to give our clients the chance to experience how technology can improve their comfort and quality of sleep. Welcome technology into the bedroom! Let one of our sleep advisors show you how to power up as you power down for your best night sleep.

Sweet Dreams.

Nadine Harrison



Sleep Experts

MATTRESSES & MORE FOR A BETTER SLEEP

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