



Better Sleep Month is On at Sleep Experts

Over 30 years ago, the Better Sleep Council designated May as “Better Sleep Month”. For over three decades, the council has been using the month of May to focus attention on the importance of sleep as it relates to leading a healthy life.

Sleep is undoubtedly one of the most overlooked health priorities.

Sleep deprivation is linked to many major health concerns like heart disease, type 2 diabetes, stroke, obesity and depression.

We know that good, healthy sleep is essential for one’s quality of life.

The Better Sleep Council’s research indicates that more than half of Americans report themselves as sleep deprived.

As their friendly neighbors north, we live a similar lifestyle, and our statistics are very much the same.

Canadians simply aren’t getting the quality or quantity of sleep that they very much need, and very much deserve.

That’s why at Sleep Experts, we’re focusing our message during the month of May on getting better sleep. Our focus on sleep-related tips, often featuring

insights from our latest research, strives to inform and educate – so everyone can get the rest they need.

During May we want to incentivize our clients to invest in “Better Sleep”.

So to valuable clients, both new & repeat, they can simply mention our promotion code “BETTER SLEEP” on any purchase made during the month of May to save an additional 5% on their purchase.

There are no strings, or conditions, as long as during your time of purchase you mention “Better Sleep” – having demonstrated that you follow us on social media, belong to our email club, or shop online at our website.

We look forward to you to visit us at either Sudbury location in the days ahead and speak with any of our sleep consultants.

Nadine Harrison

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Sleep Experts
MATTRESSES & MORE FOR A BETTER SLEEP

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