

SLEEP TIPS FOR COUPLES

Choose A Bed Built For Two

Test A Simmons® Beautyrest® Mattress

To Reduce Stress, Try This Exercise
Before Going To Bed

Exercise To Stay Fit

Stay Mentally Stimulated During The Day

Keep To A Proper Diet

Stop Smoking

Reduce Caffeine Intake

Avoid Alcohol Near Bedtime

Take A Warm Bath Before Bed

Establish A Bedtime Ritual



*Sleep behavior statistics and sleep tips from Power Sleep: The Revolutionary Program That Prepares Your Mind for Peak Performance, by Dr. James B. Maas, Ph.D., Megan L. Wherry, David J. Axelrod, Barbara R. Hogan, and Jennifer A. Blumin, HarperPerennial-A Division of HarperCollinsPublishers, 1999.

 Better Sleep Through Science.®



Better Sleep Through Science.®

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If you sleep with a partner, your sleep is probably being disturbed, even if you don't wake up. And if your partner is disturbing you, chances are you are not getting a truly restful, quality sleep.

Disturbed sleep can affect every part of your life, from alertness at the wheel to job performance and personal relationships.

Disturbed sleep, also known as interrupted sleep, is often caused by partner movement. Consider the facts: the average person tosses and turns 40-60 times per night. This means that partner movement can lead to 13% more awakenings each night, 22% more time in light sleep, and 20% less time in stages 3 and 4 deep sleep. Sleep stages 3 and 4 are particularly essential to heal and repair the human body, as well as the mind, for peak performance the next day.*

Simmons® Beautyrest® has a long history of applying science to help improve the quality of your sleep. Simmons® Beautyrest® is scientifically designed to reduce the transfer of partner movement. It's at the heart of a good night's sleep: The Beautyrest® Super Pocketed Coil™ Design and Innovative Pocketed Cable Coil™ Design. Each individually wrapped coil moves independently, so you sleep peacefully through every move your partner makes. It's the ideal mattress for you and your partner to experience truly peaceful sleep and feel refreshed the next day.

**YOUR BED SHOULD BE A SPECIAL
PLACE FOR THE TWO YOU.**

**DO EVERYTHING YOU CAN
TO MAKE IT SO.**

HOW DID YOU SLEEP LAST NIGHT?

SOME TIPS FOR ACHIEVING A HIGHER QUALITY OF SLEEP:

Choose A Bed Built For Two

- Make sure you have a bed big enough for the two of you to stretch out and sleep comfortably.

Test A Simmons® Beautyrest® Mattress

- It's a sleep system that is specifically designed for 2 people. By reducing the transfer of partner movement from one side of the bed to the other, Beautyrest® provides an undisturbed and quality night's sleep for both of you.

To Reduce Stress, Try This Exercise Before Going To Bed

- Sit quietly in a comfortable position. Close your eyes, tense and then relax all of your muscles, beginning with your toes and progressing to your face.
- Breathe in easily through your nose, and exhale through your mouth.
- Continue for ten to twenty minutes.

Exercise To Stay Fit

- Exercise increases heart and lung fitness and reduces stress, anxiety, and insomnia.

Stay Mentally Stimulated During The Day

- Boredom can cause loss of sleep. If you're physically and mentally active, you're less likely to become bored.

Keep To A Proper Diet

- Eat vegetables and fruit, whole-grain cereals and breads, rice, pasta, fish and poultry. Limit your intake of fat and avoid fried foods.
- Have a healthy breakfast, a substantial lunch and a light dinner.
- Stay away from foods that cause indigestion, gas, or heartburn.

Stop Smoking

- Nicotine stimulates brain wave activity and increases blood pressure and heart rate. If you smoke, stop.

Reduce Caffeine Intake

- Do not drink coffee, tea, or soft drinks containing caffeine within six hours of your bedtime.

Avoid Alcohol Near Bedtime

- Avoid any alcohol within three hours of bedtime. It may cause you to wake up repeatedly, snore or exacerbate sleep apnea.

Take A Warm Bath Before Bed

- Just before going to bed, take a warm, soaking bath. This will send blood away from the brain to the skin surfaces and make you feel relaxed and drowsy.

Establish A Bedtime Ritual

- Engage in a nightly ritual of non-work-related reading just before turning off the lights

