

Snooze comfortably though World Sleep Day

"When sleep is sound, health and happiness abound" is the slogan for World Sleep Day 2015 taking place worldwide on 13 March 2015.



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Having a hard time getting out of bed in the morning? Pressing snooze more than once to get a couple more minutes of "shut eye" before your day begins or are you noticing it is becoming more difficult to concentrate on your work throughout the day? It is very possible that your sleep habits and overall health are contributing to more than a lack of good quality sleep, it is affecting your longer-term health issues.

It is important to understand that sleep health refers to the quality of your sleep, not the number of hours you slept. A healthy night's sleep is essential for your mental, physical and emotional health. During sleep your muscles, immune and nervous systems restore themselves and the part of the brain that controls emotions, memory, mood, social interaction and even speech and decision-making, recover from the strains of the day. Therefore, sleep provides your mind and body with the vital and welcome rest it needs.

The three factors contribute to healthy sleep:

1. **Duration** - the number of hours you sleep should provide you with energy and mental alertness for the following day
2. **Continuity** - quality sleep should be seamless and without disturbances and waking up
3. **Depth** - sleep should be deep enough to be restorative

Tempur offers these tips for a healthy night's sleep:

- Invest in a pressure relieving mattress and pillow to reduce tossing and turning and enhance the restorative benefits of sleep
- Slow down before bedtime and reduce your pulse rate by reading, relaxing and listening to soft calming music
- A warm bath before bedtime eases the body to sleep
- Avoid devices and electronics that stimulate the brain such as TV, tablets, laptops and mobile phones
- Make your bedroom a sanctuary where you go to restore, rest and revive your body

Your body, mind and soul deserve quality sleep on a quality mattress that will provide support for years. Your mattress should conform to your body, giving you a restful and luxurious sleep, every night.

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