

How can a good mattress improve sleep of CEOs under work pressure?

Issued by [Docs.Zone](#)

31 Mar 2017

Insomnia can affect a person's judgement, memory, and ability to work. People who take sleep only four to five hours a day feel lethargic on the following day and are unable to perform the best on their professional front. This short and precise guide will help you to understand the approaches followed by successful CEOs for great sleeping habits.

Ways to get good sleep

- Controlling body weight

Having excess bodyweight is the main cause of insomnia. Hence, to make sure that you get a good sleep and remain healthy, it's vital to control your body weight. Therefore, as a CEO, apart from working for the whole day, you should pay attention to your sleep and should sleep and wake up on time. This will not only keep you healthy, but will help you from being overweight.

- Sleeping in dark

Even a minor gleam of light in room can have effect on your internal sleeping clock. Hence, it's vital that your bedroom is dark, noiseless and closed. You should refrain from switching on your bedroom's light irrespective of whether you are going to washroom or doing anything else.

- Maintaining temperature of the room

It's vital that the temperature of your bedroom doesn't exceed 70 degrees Fahrenheit. Few people keep their bedrooms warm which disturbs the sleep. As per research, it has been found that the ideal room temperature while sleeping should be between 62 and 66 degrees.

Keeping your room hotter or cooler than this may lead to an uncomfortable sleep. After you lay down for sleeping, temperature of your body drops down and if your bedroom is excessively hotter, you feel restless and uncomfortable for the whole night. As per the scientists a cooler bedroom is better for sleeping, since it brings your body temperature down easily thereby making you feel sleepy.

- Keep electrical devices at bay

If you want to sleep quickly, keep electronic devices such as smartphones, laptops, tablets, etc., at bay since the light emitted by these devices disrupts your sleep. Therefore, it's vital to keep your electronic devices at least three feet away from your sleeping place.

- Comfortable mattress

An old and saggy mattress can be a reason for an [uncomfortable sleep](#). A comfortable mattress plays a vital role in providing you good sleep. In case you get up sore and tired in the morning, your mattress is no longer supportive and needs to be replaced as soon as possible.

Therefore, next time while changing your bedsheets, have a look at your mattress, if it appears to be lumpy and saggy, replace it and get a new mattress. There are various types of mattresses available on the market with memory

foam mattresses being the most supportive. However, while buying a memory foam, don't forget to have a look at the [mattress protector for foam mattress by amerisleep.com](https://www.amerisleep.com/mattress-protector-for-foam-mattress).

- Avoiding caffeine and alcohol

Caffeine is a good stimulant which keeps a person's body more alert and energised. When you consume alcohol, it may make you feel drowsy, but in actuality, it disrupts your sleep and wakes you up many times during the sleep.

- Reserving bed for sleeping

If you read books, eat, watch TV or do other activities in your bedroom sitting on your mattress, it will be difficult for you to sleep. The bedroom is meant for sleeping only and it's better if you reserve it for sleeping only.

- Meditation

The key reason behind feeling sleepless is depression and stress. Usually, a person takes stress about work, relationships, and health, etc. Meditation helps in relieving that stress and assists in providing better sleep.

Conclusion

Hope this guide will help you to make better decisions for sleeping properly.

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