



8



steps

to a Healthy Night's Sleep

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FORM™**

PRESSURE RELIEVING SLEEP SYSTEM



Clearly, life is better when we've had a good night's sleep. When we get eight-plus hours of quality sleep we have more energy, a more positive outlook and a bigger smile. But research tells us there are clear physical benefits as well, including helping us look younger, reducing the risk of heart problems, diabetes and other diseases, and helping us lose weight.

The following are eight sleep strategies that will change your life. However, just like exercising daily or punching the time clock to make a living, it takes some personal discipline and willpower to obtain what should be the most natural thing for us, humans, to do – Sleep.

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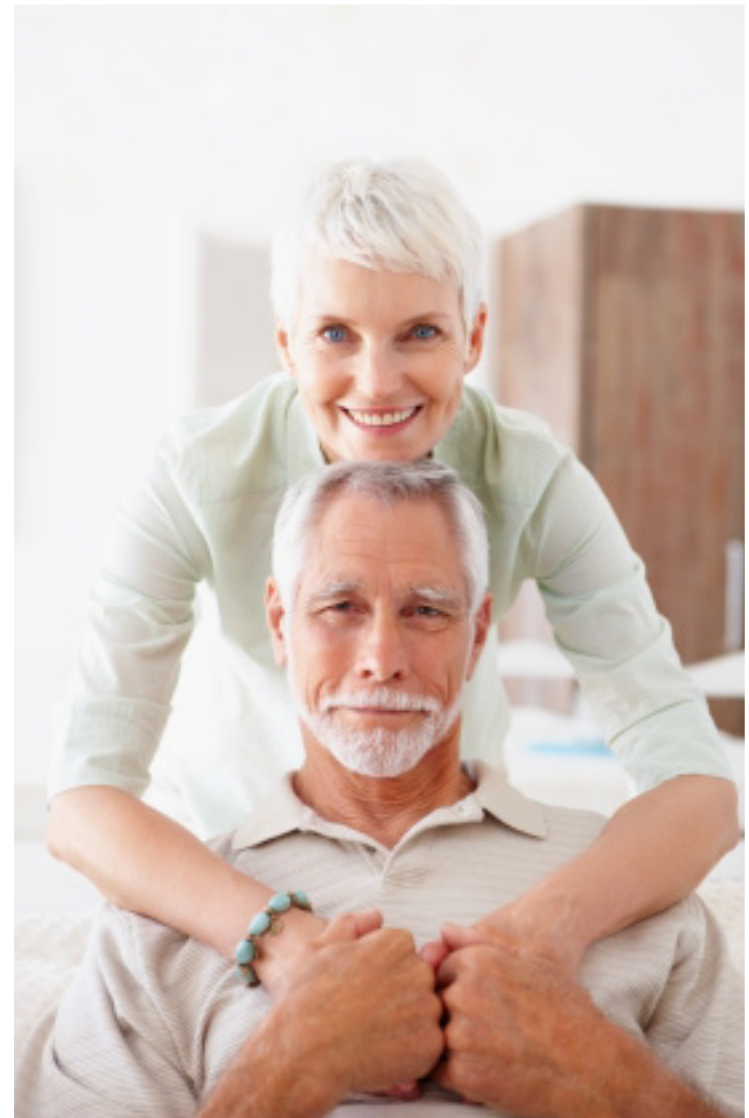
Step 1

Commit!

Sleep is an essential element to a healthy life. You have to decide that how you feel and look is more important than trying to get by on 5, 6 or 7 hours of sleep. Make this decision, stick to it and you will notice the positive benefits of healthy sleep in nearly every aspect of your life.

Although the quantity of sleep is important, it's not always realistic to achieve a 8 hours, so one must ensure that the amount of sleep is at least restful. Figure out what gives you the most restful sleep --- number of hours, non-interruptive, dream recall, refreshed awakening, ... and make a personal commitment to strive to achieve quality sleep routinely. Considering you sleep between 25% and 33% of your, you might as well make it worthwhile and rewarding to you. It's your life.

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Step 2

Make sure your sleep environment is comfortable.

Your bedroom is for sleeping. It's important you avoid activities in bed which can create stress and anxiety. Avoid those late night email sessions while lying in bed. Activities such as this may prevent you from unwinding properly. Research has also found that it is important to avoid bright lights before bed and when it's time to shut your eyes, make sure the room is dark. Cover electrical displays, use heavy curtains or shades to block light, or try an eye mask. Some people find it helpful to use devices that emit soothing noises, like waves crashing. There are inexpensive phone apps that do this, with a variety of sounds from which to choose. If you share your bed, make sure there's enough room. If you have children or pets, set limits on how often they sleep with you.

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Step 3

The Right Mattress can Change Your Life.

Many fail to realize the root cause of your restless sleep and painful mornings is most commonly associated with the wrong mattress. Because of design limitations, most box spring mattresses cannot provide the kind of comfort that will prevent tossing and turning. In addition, all-foam beds can form depressions, making it difficult to move and get out of them. Plus you may sink so deeply in them that you wind up being, in essence, surrounded by foam – so you overheat and wake up.

Our research finds that only a hybrid system combining air suspension zones and foam can provide the right combination of comfort and support. If you have any questions about the advantages of a hybrid air suspension and memory foam system over conventional mattresses and foam-only beds, **contact a Natural Form sleep consultant today at 866-817-5380.**

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Step 4

Create and stick to a relaxing bedtime routine.

Routines are important in training the mind. A relaxation routine before bed will send a powerful signal to your brain about unwinding. Read by a soft light. Try a warm bath. Listen to relaxing music. Even easier than reading, listen to a book on tape. Also, try going to bed and getting up at the same time every day, weekdays and weekends. This reinforces your natural sleep-wake cycle. Since these cycles can vary from person to person, it might take some experimentation. If you're getting enough sleep, you should wake up naturally without an alarm.

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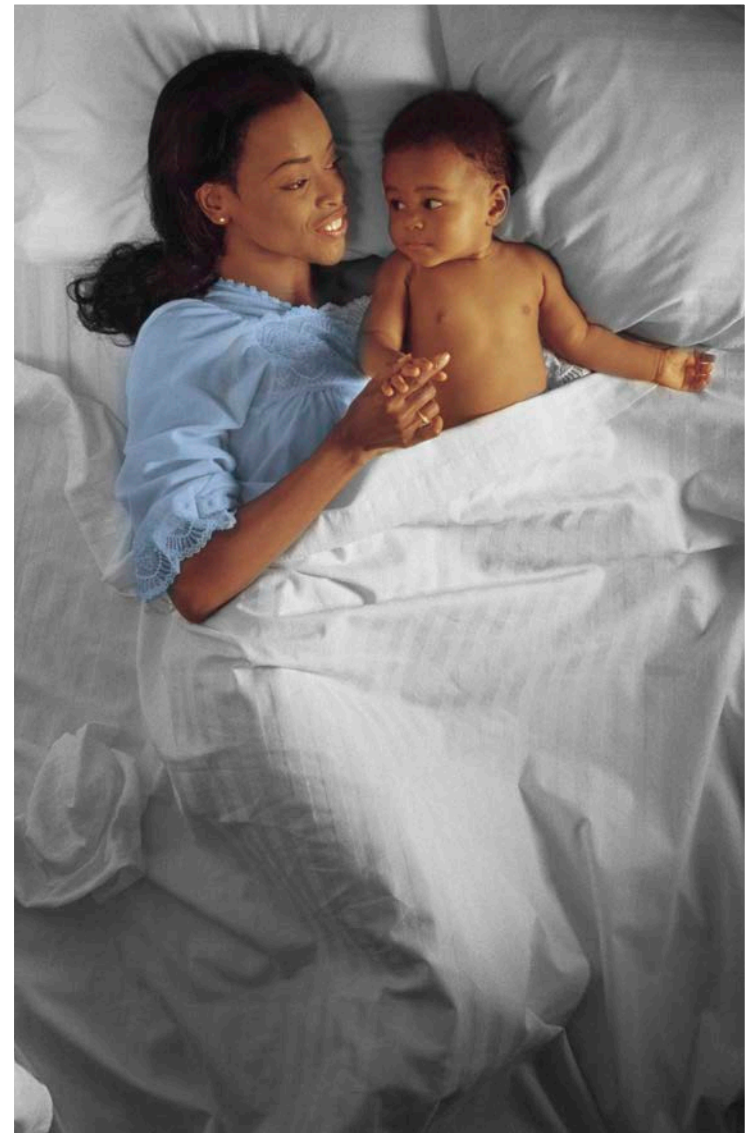
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Step 5

Nap strategically. Who doesn't like a good nap? But did you know taking a nap during the day may actually be detrimental to the most important sleep period?

Naps can help you recharge, but they can make it difficult to fall asleep at your regular bedtime. If insomnia is a problem, try eliminating them. If you must nap, try doing it during the early afternoon and limit it to a half hour or less. If you're tired after dinner, get off the couch, turn off the TV, wash the dishes, take the dog for a walk, chase your kids around the house, etc. By limiting your naps and adjusting your night time routine, you may find you no longer need that daytime nap.

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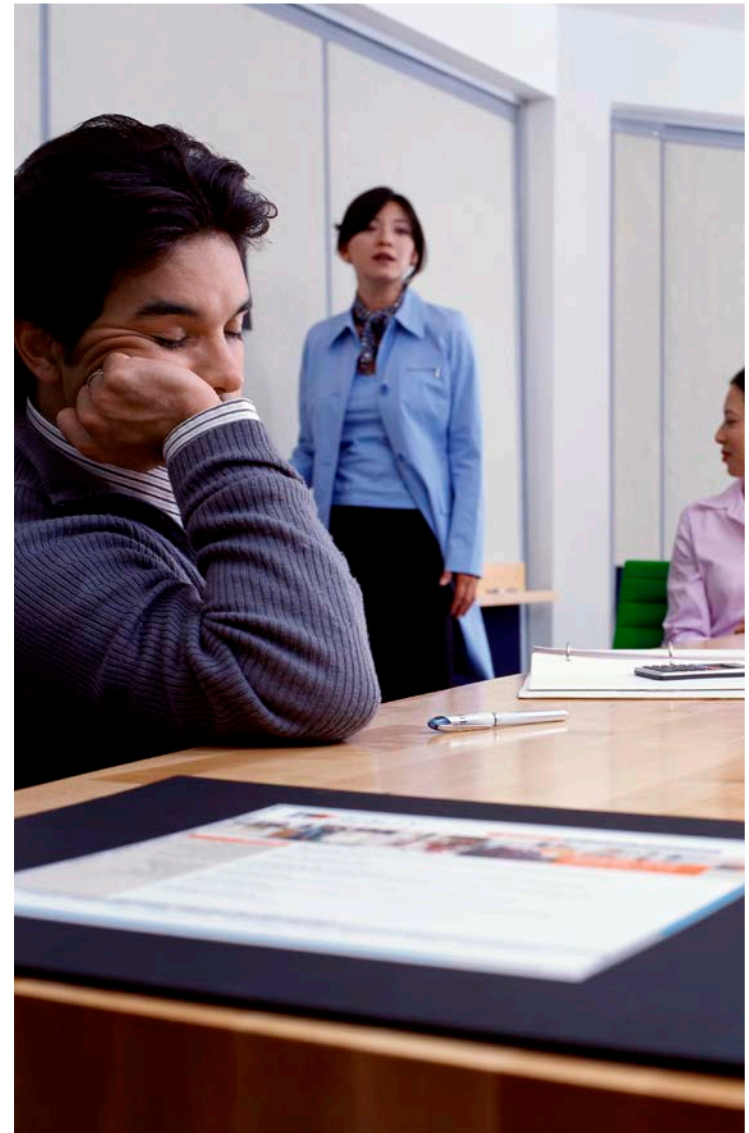
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Step 6

Consider regulating your sleep cycle naturally.

The natural hormone that helps regulate your sleep-wake cycle is called melatonin. Its production is controlled by light exposure. Sadly, life can disrupt our production of melatonin - and our sleep-wake cycle. Long days in an office away from natural light, for example, can affect its production. Bright lights at night—the TV or a computer screen—can also suppress it. Spend more time outside during daylight. Take work breaks outside in sunlight, exercise outside, walk your dog during the day and let as much light into your home/ workspace as possible. If necessary, use a light therapy box.

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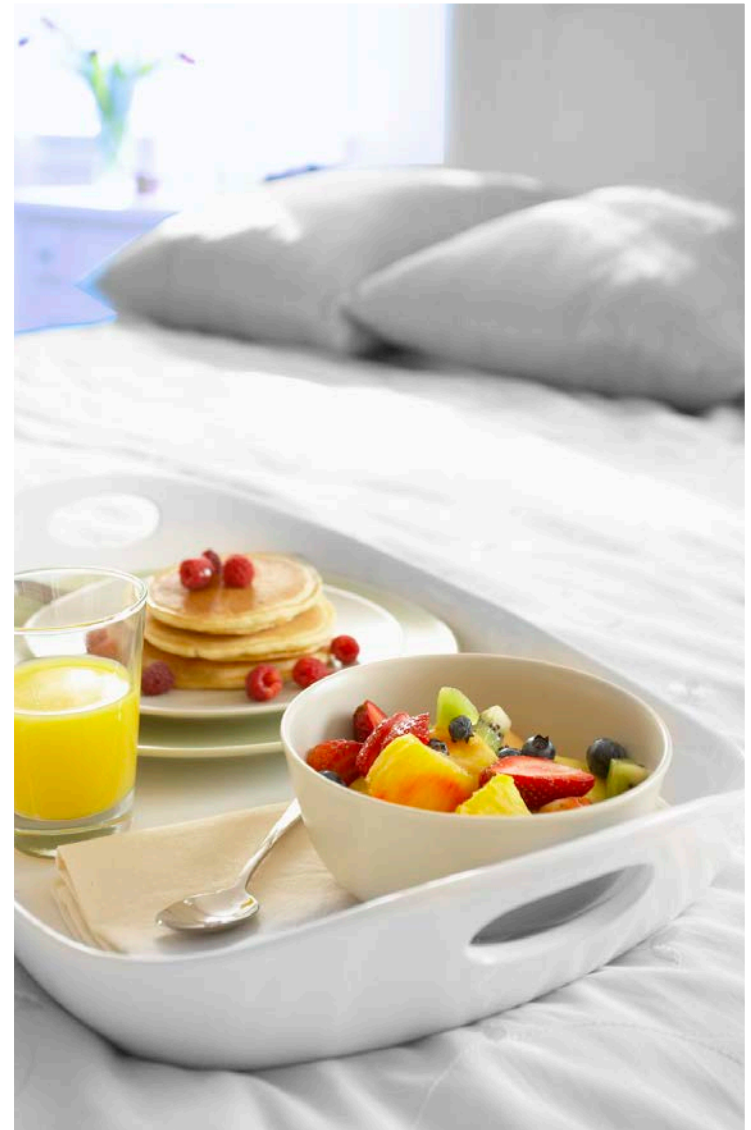


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Step 7

Eat right and get regular exercise.

Watch what you put in your body in the hours leading up to your bedtime – stay away from big meals then. Avoid alcohol before bed. It may help you fall asleep faster, but it will make it more likely you will wake up as the alcohol wears off. Reduce caffeine as well. If you “cut yourself off” at 4 pm and you’re having trouble falling asleep, make the cutoff 2 pm – and keep going until you find the right balance. Caffeine is powerful. It can cause sleep problems up 12 hours after consumption. Avoid excessive liquids in the evening to avoid waking up for bathroom trips. Quit smoking, because nicotine is a stimulant.



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Step 8

Work on anxiety and stress -

they are not just something to put up with. If you are waking up because of worries, identify what you are thinking about. Once identified, think about concrete steps to help – a worry that's being addressed feels better because a solution is in sight. Also consider learning relaxation techniques. Some simple relaxation techniques, include:

- **Deep breathing.** Close your eyes and take deep, very slow breaths. Make each breath even deeper than the last.
- **Progressive muscle relaxation.** Start at your toes. Tense all the muscles as tightly as you can, then completely relax them one by one. Work your way up to the top of your head.
- **Visualization.** While in bed, close your eyes and imagine a place or activity that is calming. Even before bed, visualize lying down and falling into a deep sleep. This can prepare your mind to shut down. Visualization is used by many professional athletes to improve performance and reduce anxiety, and it can really work.



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Some Final Thoughts: How to get back to sleep...

Everybody wakes briefly during the night. But if you're having trouble falling back asleep, the following tips may help:

- Cue your body for sleep by remaining in bed in a relaxed position.
- Try your best not to stress that you're awake. Focus on the feelings and sensations in your body and try your relaxation techniques. In this way relaxation becomes the goal, and the pressure is off.
- After maybe 15 minutes get up and try a non-stimulating activity. Read or listen to a book, for example. But keep the lights dim so as not to tell your body it's time to wake up.
- Avoid screens of any kind because the type of light they emit is stimulating to the brain.

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