



the
Better Sleep
Guide



A good night's sleep. For millions of people the consequences of a poor night's sleep — higher stress, increased mistakes, difficulty concentrating — are everyday occurrences. But it doesn't have to be this way. You *can* improve your chances of getting a good night's sleep.

This booklet provides simple solutions that can help improve the quality of your life by improving the quality of your sleep. Find out why you should make sleep a health priority, how much sleep your body needs and how your bedroom and mattress affect the quality of your sleep. Why wait? Start sleeping better tonight.

WHAT IS THE BETTER SLEEP COUNCIL?

Established in 1978, the Better Sleep Council (BSC) is a nonprofit organization supported by the mattress industry. The BSC is devoted to educating the public about the importance of sleep to good health and quality of life, and about the value of the sleep system and sleep environment in pursuit of a good night's sleep.

BETTER SLEEP ON THE WEB

For the definitive resource on sleep and mattresses, log onto the Better Sleep Council's web site at www.bettersleep.org.

We all know that proper diet and regular exercise are important for maintaining a healthy lifestyle. But many people underestimate the value of sleep. Like proper nutrition and exercise, sleep is essential to feeling your best. Adults need between seven and eight hours of sleep a night — individual needs may range from five to ten hours.

Not merely a “break” from your day, sleep is vital to maintaining good health and well-being. When you go to sleep, your body goes to work, consolidating the day's learning into memory and improving your ability to absorb and remember everyday skills. A good night's sleep also re-energizes you and helps you prepare for the day ahead.

When you don't get enough sleep, daily life can become more stressful and less productive. In short, getting a good night's sleep helps you perform much better when you're awake.

Sleep Debt

Depriving yourself of sleep night after night can cause you to accumulate a sleep debt. Look for everyday lifestyle clues to determine whether you need to catch up on sleep. For example, is there a chance you might doze off while sitting in a car stopped in traffic, watching television or sitting and reading? The only way to reduce this debt is to get the amount of sleep your body needs. If you feel you are chronically sleep deprived or may have a serious sleep problem, consult your doctor or a sleep specialist. For a listing of information resources, see page 12.

Better Sleep Begins with Your Mattress

Because you can't always get all the sleep you need, you should strive to get the most out of the sleep you do get. An uncomfortable mattress can rob you of sleep, causing you to toss and turn and preventing you from deriving the full benefit of your time in bed. Sleeping on a mattress that meets your needs for comfort, support and space can help you sleep better.

For a Good Night's Sleep

We all have too much to do, so take time out and recharge yourself by getting a good night's sleep. The quality and quantity of your sleep can make all the difference in how productive you'll be the next day. Here are ten tips to help you get the sleep you need and deserve.

- 1 **GIVE YOURSELF "PERMISSION" TO GO TO BED.** As hard as it may be to put away your "to do" list, make sleep a "priority." You'll thank yourself in the morning.
- 2 **UNWIND EARLY IN THE EVENING.** Try to deal with worries and distractions several hours before bedtime.
- 3 **DEVELOP A SLEEP RITUAL.** Doing the same things each night just before bed signals your body to settle down for the night.
- 4 **KEEP REGULAR HOURS.** Keep your biological clock in check by going to bed at the same time each night and waking up at the same time each morning — even on weekends.
- 5 **CREATE A RESTFUL PLACE TO SLEEP.** Sleep in a cool, dark room that is free from noises that may disturb your sleep.
- 6 **SLEEP ON A COMFORTABLE, SUPPORTIVE MATTRESS AND FOUNDATION.** It's difficult to sleep on a bed that's too small, too soft, too hard or too old.
- 7 **EXERCISE REGULARLY.** Regular exercise can help relieve daily tension and stress — but don't exercise too close to bedtime or you may have trouble falling asleep.
- 8 **CUT DOWN ON STIMULANTS.** Consuming stimulants, such as caffeine, in the evening can make it more difficult to fall asleep.
- 9 **DON'T SMOKE.** Smokers take longer to fall asleep and wake up more often during the night.
- 10 **REDUCE ALCOHOL INTAKE.** Drinking alcohol shortly before bedtime interrupts and fragments sleep.

Make Your Bedroom

Restful Place to Sleep

Your bedroom should be quiet and relaxing. Unwelcome noise or light, an uncomfortable or worn-out mattress and foundation or a room that's too warm or too cool can prevent you from getting the sleep you need. There's no reason to settle for anything less than perfect sleep.

Make Your Bedroom a Sleep Haven

Is your bedroom conducive to a good night's sleep? These four factors can make a difference:

- **MATTRESS AND FOUNDATION** Be sure your mattress and foundation meet your needs for both comfort and support. If you sleep with a partner, your mattress should also allow you both enough space to move easily.
- **LIGHT** Light is one of the body's most powerful time cues. The rising sun can wake up the brain long before the alarm goes off. A dark room is the most conducive for sleep — day or night.
- **NOISE** Sudden, loud noises from inside or outside the home can disrupt sleep. Steady, low sounds, such as the whir of a fan or air conditioner, are soothing because they help block out distracting noises.
- **TEMPERATURE** The ideal bedroom temperature is 60 to 65 degrees Fahrenheit (16 to 18 degrees Celsius). A room that's too warm or too cool can disrupt comfortable sleep.

Do you remember the last time you got a really great night's sleep? Was it a year or more ago? Perhaps it wasn't even in your own bed. Where were you? A hotel? Your favorite easy chair?

All too often, the answer is somewhere other than your own bed. But you *should* be getting your best night's sleep on your own mattress.

If you find you're not sleeping as well as you should in your own bed, you may want to consider that your mattress and foundation could be robbing you of sleep. It may be time for a new mattress if:

- You wake up with pain, stiffness or soreness
- You are not sleeping as well as you were a year ago
- You had your best night's sleep somewhere other than your own bed
- Your mattress shows visible signs of wear and tear

Too often, people are unaware that their mattress is no longer meeting their needs. You can avoid sleepless nights by carefully evaluating the comfort and support of your sleep set twice a year to make sure your personal comfort preferences are still being met.

If you're still not sure whether your mattress is stealing your sleep, you may want to visit your local retailer to compare the comfort and support of new sleep sets in the store with your old set at home.

Mattress Life Span

Your mattress won't last forever. A combination of factors works together to determine how long your mattress will provide optimum comfort and support.

It's All About You

- **LIFESTYLE** Changes in lifestyle, such as moving into a new home or getting married, may call for a change in your mattress.
- **YOUR BODY** As we age, our bodies change. What was comfortable and supportive when you were 25 may not meet your needs when you're 35 or 45. Likewise, the amount of space that's right for a six-year-old may not be enough for a 16-year-old. Make sure that every mattress in your home meets the sleeper's current needs for comfort, support and space.

It's Also About Your Mattress

- **AGE** Don't look to the age of your mattress or the warranty to determine whether it's time for a new mattress. Neither are indicators of how long your mattress will maintain optimum comfort and support.
- **QUALITY** A poor-quality mattress set can deteriorate quickly, while top-quality sets can provide comfort and support for a number of years.
- **USE** A mattress set that is used nightly or that gets more of a workout (e.g., you watch television or read in bed) will lose its comfort and support more quickly than a set that is used less often, such as a guest room bed.
- **CARE** Improper care can shorten the life of a mattress. See "Mattress Care Tips" on page 11 for more information.

Only you can decide which mattress is most comfortable and will meet all of your needs. This makes choosing a quality mattress set a very personal decision.

Being well-informed prior to the purchase of your sleep set is important and can make mattress shopping simple. Before you start shopping, learn the basics.

Mattress Construction

- **FOUNDATION** The foundation acts as a giant shock absorber, taking the normal wear and tear of nightly use. Foundations also lend added support, durability and, in the case of adjustable beds, flexibility.
- **MATTRESS CORE** Whether the mattress is made of springs, air, foam or water, this middle “core” provides support for the sleeper.
- **UPHOLSTERY LAYERS** The upholstery layers wrap around the core to provide surface comfort. A variety of foams and fibers are used to improve the cushioning and enhance the support of the mattress core.

Sleep Set Advances

Technological and medical advances, combined with industry research and development, have not only led to changes in mattress design and construction, but also to improvements in the comfort and support available in today’s mattresses, leading to a better night’s sleep.

Take the “Rest Test”

Because comfort is a matter of personal preference, it’s important to choose a sleep set that meets your individual needs for comfort, support and space. If you sleep with a partner, shop together. Otherwise, there’s a chance only one of you will be comfortable in bed.

Remember to wear comfortable clothes because there’s no substitute for lying down on mattresses to determine which one is right for you. You wouldn’t buy a new car without taking a “test drive,” would you?

When in the store, conduct the following “rest test” to help ensure that the mattress you purchase meets all of your comfort preferences and needs.

First, lie down on your back. Do you feel comfortable? Does the mattress gently support all points of your body?

Then, get into your usual sleep position. Do you (and your partner) have enough room for free, easy movement?

Conduct the “rest test” whenever it’s time to shop for a new mattress. And remember, don’t settle for anything less than perfect sleep!

For more information on buying a new mattress, visit the Better Sleep Council’s web site at www.bettersleep.org.

Six Shopping “Musts”

a Mattress

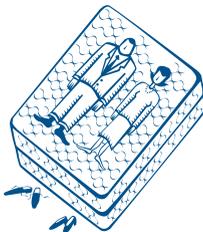
for

- **COMFORT** Mattresses don't have to be as hard as a board to be good for you, though some people may prefer a firmer feel. Today, mattresses are built with luxurious new cushioning materials and surface treatments. While these mattresses may feel more plush, the core provides necessary support for your body.
- **SUPPORT** A quality mattress and foundation gently support your body at all points and keep your spine in the same position as good standing posture. When selecting a mattress, keep in mind that your body should be able to relax, with your spine supported in its natural curve.
- **SPACE** Select a mattress that gives you enough room for free, easy movement, especially if you're sleeping with a partner. Couples should select a queen- or king-size mattress to ensure that both individuals have enough space to feel comfortable.

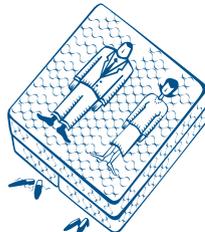
When shopping for a new sleep set, remember: If you sleep with a partner, your mattress should allow you both enough space to move easily during the night.



FULL-SIZE
MATTRESS



QUEEN-SIZE
MATTRESS



KING-SIZE
MATTRESS

- **DURABILITY** Durability refers to how long support and comfort will continue. Like all products, a mattress and foundation gradually wear out. Eventually, you won't receive the same support and comfort as you did when the sleep set was new. That's why you should re-evaluate your set regularly — twice a year.

Don't look to the warranty to tell you how long to keep your sleep set. The warranty protects you against product defects and workmanship mistakes, not gradual loss of comfort and support.

MATTRESS SIZE	DIMENSIONS*
King	76" x 79.5"
Queen	60" x 79.5"
Full	53" x 74.5"
Twin	38" x 74.5"

* All dimensions may vary by +/- one-half inch.

- **MATCHING SLEEP SETS** Matching mattresses and foundations are engineered to work together. Mismatching sets, putting a new mattress on an old foundation or adding a board between the mattress and foundation can impede comfort and reduce the useful life of the mattress.
- **VALUE** Buy only quality products made with all new materials (See page 10). Shopping for the best value — not the lowest price — is a healthy investment in your quality of life.

For Your Protection

KNOW WHAT YOU'RE BUYING

A mattress made with all new materials is better for your sleep and health. Some mattresses are made with previously used materials. To ensure that you purchase a sleep set made with all new materials, know what the law requires in your state.

- Twenty-nine states, the District of Columbia and Detroit have laws requiring mattress manufacturers to identify mattresses constructed with new materials.
- Twenty-three states have laws requiring manufacturers to identify used mattresses designed for resale. Although the cover may look new, a used sleep set won't offer you the same support and comfort as a new one.
- Be aware that 19 states do not require the identification of materials used in mattress construction. To ensure that you're buying a product made with all new materials, consult your retailer.

Safety Information

- Remember to keep matches, lighters and other ignitables out of children's reach. Kids, mattresses and fire are a bad combination.
- Don't store old mattresses in your house — in the garage, basement or attic — because they could pose fire safety hazards.

Mattress

Care Tips

Kee your new sleep set in good condition by following these care guidelines:

- Ask your retailer for advice about properly moving your new mattress and foundation into your home. Improper installation can damage your new sleep set.
- Some new mattresses should be turned and/or rotated to help smooth out contours and equalize the wear and tear that normally occurs. Not all mattresses need this type of care, however, so check with your retailer to see what is best for your particular mattress.
- Do not use the handles to support the full weight of the mattress. Typically, handles are designed to help you position the mattress over the foundation. If used improperly, handles may pull out and damage the fabric.
- Vacuuming is the only recommended way to clean a mattress. A quality, washable mattress pad will help keep the sleep set free from stains. If you're determined to tackle a stain, use mild soap with cold water and rub lightly. Don't ever soak a mattress or foundation.
- Twice a year, check for signs of wear and tear to see if it might be time to invest in a new mattress set.

What About My Old Sleep Set?

Often, when you purchase a new sleep set you can make arrangements with the retailer to dispose of the old one.

Using the old mattress in a child's room or guest room is usually not a good idea. If a mattress and foundation no longer provide optimum comfort and support, chances are the set won't provide the support and comfort that your children or guests need for a good night's sleep.

Resources for Help

with

Sleep Problems

If you think you're suffering from a serious sleep problem, such as insomnia, sleep apnea, narcolepsy or restless legs syndrome, consult your doctor or a sleep specialist. For general questions and inquiries about sleep and sleep disorders, request consumer information from:

1. National Sleep Foundation

1552 K Street, N.W., Suite 500
Washington, D.C. 20005
Phone: 202-347-3471
Fax: 202-347-3472
Web site: <http://www.sleepfoundation.org>

2. National Center on Sleep Disorders Research — National Heart, Lung, and Blood Institute NHLBI Information Center

P.O. Box 30105
Bethesda, MD 20824
Phone: 301-435-0199
Fax: 301-480-3451
Web site: <http://www.nhlbi.nih.gov/about/ncsdr>

3. Sleep/Wake Disorders Canada

3080 Yonge Street, Suite 5055
Toronto, ON M4N 3N1 Canada
Phone: 416-483-9654
Fax: 416-483-7081
Web site: <http://swdca.org>

For a Free Copy of the Better Sleep Guide

Write to the Better Sleep Council
Guide
P.O. Box 19534
Alexandria, VA 22320-0534
Or e-mail: bsc@sleepproducts.org

For Bulk Orders of the Better Sleep Guide

To receive information about ordering bulk quantities of the Better Sleep Guide, please fax a request to 703-683-4503 or send an e-mail to bsc@sleepproducts.org.

To Help Your Child Sleep Better

Send \$1.00 and a stamped, self-addressed business-size envelope to the Better Sleep Council and ask for the Parent/Child Sleep Guide.



www.bettersleep.org



P.O. BOX 19534
ALEXANDRIA, VA
22320-0534