



Posturepedic[®]

YOUR GUIDE TO BECOMING A DEEPER SLEEPER

**TOP TIPS FOR GETTING A GOOD
NIGHT'S SLEEP**



TOP TIPS FOR GETTING A GOOD NIGHT'S SLEEP



At Sealy, we're committed to helping the nation become deeper sleepers. Our busy lives mean that getting a good night's sleep can slip down the agenda, but it's essential for good health. With this in mind, we asked our online community to share their best sleep tips, from counting sheep to a hot bath. We've compiled our favourites in this ebook, so if you're feeling comfortable, we'll begin...

1

"No electronics for an hour before bed."

Alica Jayne Hopkins

2

"Black out curtains are fantastic. They help you sleep when the lighter evenings and mornings disturb you".

Mel Butcher



3

“ A silk pillowcase and organic lavender room spray ”

Kaye Willan

4

“ A well aired room and fresh bedding...bliss ”

Tracey R Ashburn

5

“ Leave your windows open in your bedroom until you go up to bed so the room is nice and cool to fall asleep in. ”

Kayleigh Beirne

6

“ Read before bedtime to calm your mind, and open a window for at least 10 minutes, fresh air helps tremendously! And most of all a comfy bed and pillow! ”

Michaela Jay Williams

7

“ Don't drink too much before bed to avoid trips to the toilet ”

Su Williams

8

“ Listen to relaxing music while trying to drift off to soothe you. ”

Hazel Christopher



9

“ I like to massage my face with calming and relaxing essential oils...it pampers my skin and the fragrance helps me wind down. Also a silk eye mask is a lovely treat that blocks out light to help me sleep, as well as protecting the skin around eyes from wrinkles. ”

Susie Jones

10

“ Avoid drinking coffee an hour or two before going to bed. ”

Wendy Jean Jones

11

“ Always go to bed happy! If you're sad/worried you'll never sleep, so think happy thoughts and enjoy. ”

Elaine

12

“ Sleep naked! Scientists say you regulate your body temp and sleep better. Maybe just wear Chanel like Marilyn! ”

@cheepcheepcheep



13

“ Nice shower, clean sheets, then read ‘till your eyes won’t stay open, usually about five minutes for me. ”

Kay Everett

14

“ Don’t eat sugary snacks near bedtime (especially chocolate), it really keeps you awake. ”

Lindsey E Martin

15

“ Get your feet to the right temp with either a hot or cold water bottle. ”

Sharon Elizabeth Mead

16

“ Don’t watch TV or go on the internet for half an hour before bed, I like my bedroom to be my sanctuary to rest and unwind so have it de-cluttered and calm with lowlights and not too warm. ”

Sarah Sarah

17

“ A relaxing bath and some light reading, don’t read grisly crime books or you’ll never sleep. ”

Louise Lumsden



18

“ Camomile tea, but I have also been putting on sea wave music since having my 13 week old baby to help us both drift off. ”

Jennifer Grainger

19

“ French lavender candles, especially blissful when the window is slightly ajar and the scent can really waft around the room. ”

Georgina Jacobs

20

“ Ear plugs and a comfortable bed. ”

Ruth Hunter

21

“ Try to get to sleep before your husband who snores for England. ”

Jenette Ogborn

22

“ Make sure your room’s nice and dark and face your alarm clock away from the bed. ”

Claire Blaney



23

“ Never try and sleep on an argument, stress causes lack of sleep. “

Sharon Smith

24

“ A head massage before bed works wonders. “

Gary Clabburn

25

“ A good mattress is paramount. ”

Michaela Jay Williams

26

“ Good old warm milk for me. “

Vicky Dunn

The tips in this ebook were compiled as part of the Napoli 1200 competition hosted to mark the pocket spring mattress being named a Which? Best Buy.



Posturepedic[®]

