

Are you  
sleeping  
comfortably?



BY APPOINTMENT TO  
HER MAJESTY THE QUEEN  
BEDDING AND UPHOLSTERY  
MANUFACTURERS  
HYPNOS LIMITED ENGLAND

**HYPNOS**<sup>®</sup>  
THE MOST COMFORTABLE BEDS IN THE WORLD

# During the night

If you are tossing and turning for more than 30 minutes at the start of the night or during the night whilst trying to get back to sleep it may be helpful to get out of bed and do something else, only going back to bed when you feel sleepy again.



## Helpful advice to help you sleep

- Maximise exposure to bright light during daytime hours.
- Go to bed only when sleepy.
- Shut down your day at least 1 hour before bedtime.
- Avoid napping during the day.
- Get out of bed at approximately the same time every day.
- Exercise regularly, but no later than 6 hours before bedtime.
- Make sure the bedroom is comfortable – free from light, noise and temperature extremes.
- Eat regular meals and do not go to bed hungry.  
Avoid drinking too much in the evenings.
- Cut down on all caffeinated products.
- Avoid alcohol, especially in the evenings.
- Don't take your problems to bed.
- Don't TRY to fall asleep.
- Have a comfortable bed.

# Sleep is as important as diet and exercise for your well-being

Sleep is vitally important for good physical, mental and emotional health yet when it comes to feeling good and looking good, diet and exercise are prioritised, and the importance of sleep is often overlooked. Sleep is the missing side the 'well-being triangle', which stresses that we should eat healthily, exercise regularly and, last but not least, sleep soundly.

**“Sleep is that golden chain that ties health and our bodies together”**

*Thomas Dekker, English dramatist (1609)*

## Poor sleep

Sleep disturbances have serious consequences for both individuals and society. Poor sleep is associated with:-

- Shortened life spans and higher mortality rates.
- Increased risk of heart disease, stomach problems, depression, obesity and diabetes.
- Marital, social and employment problems.

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## Good sleep

Good sleep is not only about quantity but also quality. We each have our own personal sleep need. Anywhere from about 3 to 11 hours is considered 'normal', however getting less than your personal sleep need is a problem. Even as little as 1 hour a night less sleep than you need can have measurable effects on your physical and mental health. Your personal sleep need is the amount of sleep that allows you to feel refreshed and healthy during the following day.

We also need different amounts of sleep depending on our age:

- Babies need about 17 hours each day.
- Older children including teenagers get about 9 or 10 hours a night.
- Most adults need between 7-9 hours.
- Older people may need the same amount of sleep, but because they have less deep sleep, their sleep will feel less 'refreshing', leading them to feel they have a problem sleeping. Sleep will also be more easily disturbed and so they perhaps need a nap during the day.

Good sleep means that we feel refreshed in the morning and feel and function better during the day. In sleep our bodies and brain are given the opportunity to recover from the stresses and strains of the day, the brain processes the day's experiences, it deals with the emotional aspects of the day and memories are eliminated or stored.

## Better health

Good sleep can have numerous positive benefits for our physical, mental and emotional health. Sleep is also vital for the optimal functioning of the body's endocrine, metabolic and immune systems.

Therefore getting a good nights sleep should be a central part of a healthy lifestyle.

Whilst some people have serious problems with their sleep, for most of us there are many things we can do to improve our sleep.

The first step is to look at our lives and lifestyle to see if there are things that may be causing our poor sleep e.g. diet, exercise patterns, sleeping environment, personal habits, lifestyle and stress and worries of daily living.

Keep in mind that good sleep doesn't just happen. Essentially to go to sleep both your body and mind must be relaxed, you cannot find sleep you have to let sleep find you.

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## During the day

The best way to get a good night sleep is to stay awake during the day. Daytime exercise, both physical and mental, can promote good sleep. A relaxing exercise, like yoga, can be done before bed to help initiate a restful night's sleep. You should also get adequate exposure to natural light during the day, as this is the major signal to the brain that it is time to be awake.

## Things to avoid

You should avoid napping during the day and you should avoid large meals and stimulants such as caffeine, nicotine, and alcohol too close to bedtime.

## Going to bed

It is important that you establish a regular relaxing bedtime routine. This will signal to the body that it is time for sleep and will allow you to put the stresses and worries of the day behind you, so your mind is not racing and keeping you awake. You should also try to avoid emotionally upsetting conversations and activities before trying to go to sleep. Don't dwell on, or bring your problems to bed. And most importantly don't try to fall asleep, the harder you try the less likely you are to do so.

## The bedroom

The bedroom should be a sanctuary reserved for sleep and thus the sleep environment needs to be pleasant and relaxing (get rid of the TV and computers, etc). It should also be dark, (either use heavy curtains or eyeshades) and it should be as quiet as possible, (if this is difficult then consider using the earplugs that are comfortable to sleep in). The bedroom should also not be stuffy, fresh air is good for sleep and it should be neither too hot nor cold. And finally the bed should be very comfortable and as big as you can fit into your bedroom.

**Important Note:** If you are troubled by your sleep or by medical problems that disturb your sleep you should always see your GP.

# Best of British

**Hypnos has been manufacturing luxury handmade beds using traditional, time-honoured methods for over 100 years, and is renowned internationally as the expert in making handcrafted deep pocket spring beds. Combining traditional skills with constant innovation, and using only the finest natural materials, Hypnos has a reputation for making the most comfortable beds in the world.**

Placing the elements of quality, comfort and detailed hand tailoring above all else, each Hypnos bed is individually made to order by master craftsmen, creating an authentic piece of exquisite furniture. The unsurpassed quality of all Hypnos beds, is reinforced with an unrivalled 10 year guarantee.

Hypnos prides itself not only on its expertise in making luxury pocket spring beds, but also on its insight into sleep. Deep, uninterrupted sleep not only rejuvenates the body and the mind, but also helps to improve daytime alertness and performance, whilst improving health and well-being.

A Royal Warrant from Her Majesty Queen Elizabeth II reinforces Hypnos's reputation for the very best of British quality. Indeed, Hypnos doesn't just make beds for the home, Hypnos beds can be found around the world in the finest palaces, estates and hotels – Hypnos is the Preferred Partner for the supply of beds to the Condé Nast Johansens global portfolio of 4 and 5 star properties.

Each Hypnos bed is individually made to order – a true labour of love – yet designed by the customer, who can choose from a range of finishing touches to provide added luxury, enabling the creation of a truly personal and bespoke design statement for the bedroom – consumers can choose a deep or shallow divan base; choose their preferred divan fabric or indeed supply their own fabric; choose from a range of elegant wooden or chrome feet, or an elegant divan base skirt. Crown with a sophisticated Euro style headboard, which is upholstered all the way to the floor, in matching divan fabric, for a truly stunning look.



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