



Tempur-Pedic's Top 10 Tips for Sleep this Summer

Maintain your sleep routine. Don't let summer's extended daylight fool your body; go to bed and wake up at the same time every day for the best sleep results.

Time your caffeine fix. Limit your daily latte or iced tea to mornings and early afternoons to avoid night-time restlessness; opt for relaxing herbal teas in the evening.

Get outside! Whether you exercise in the morning or the evening, a good workout helps you sleep better and awaken refreshed and invigorated.

Celebrate the start of summer, but curb the alcohol. You may think an extra glass of wine will make you sleepy, but too much alcohol disrupts restorative REM sleep.

Allow two hours between dinner and sleep. Otherwise, keep your evening meal simple and light as digestion can interfere with sleep.

Create a sleep environment that's cool and quiet. It's hot outside, but closing the blinds in your bedroom and installing a quiet fan help dim external lights, hush outside sounds and keep the room cool.

Check your worries at the (bedroom) door. Creating tomorrow's to-do list before bed can help wind down your brain and fall into a restful, renewing sleep.

Turn off the TV before bed. There's nothing on but re-runs, anyway. TV stimulates the brain making it harder to drift off; instead, listening to relaxing music, reading or meditating are better ways to prepare for sleep.

Avoid doing work in bed. Work in bed results in stress, anxiety and disrupted sleep. If you must dash off a last-minute e-mail, turn off all electronics, including laptops, cell phones and Blackberries, before turning in.

Get the right equipment. Be sure your mattress and pillow provide the correct amount of support for your spine, reduce motion transfer and eliminate pressure points for night-time renewal for both body and mind™.

These tips have been compiled with the help of Tempur-Pedic's [Wellness Advisory Board](#), a team of multidisciplinary experts with extensive experience in various areas related to sleep and wellness.

For quotes and additional information from the Wellness Advisory Board, contact Ashley Oddi 404-460-1483, Ashley.odd@edelman.com. For additional sleep information, visit nightrightrenewal.com or tempurpedic.com.

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for your body and mind™