

# Better Sleep Can Help Warm Up Relationships

(NAPSA)—For couples having trouble under the sheets, improving their relationship could be as simple as getting a good night's sleep.

According to the Better Sleep Council's (BSC) relationship expert Lissa Coffey, catching extra winks together in bed can significantly help improve a relationship. A good night's sleep is restorative to the mind and body, gives us energy and improves our mood—all attributes that can make us better partners in romantic relationships. On the other hand, a poor night's sleep—often the result of a couple's mismatched sleep styles—can be a major problem for a relationship.



Relationship  
Expert  
Lissa Coffey

“Many couples can live happily together, but they can't sleep well side by side, which can negatively impact their relationship,” says Coffey. “Sleeping together is an important way for couples to feel connected with each other. And not getting enough sleep can leave us feeling sluggish, cranky and hard to get along with.”

If your partner's sleep style is keeping you up at night, Lissa Coffey and the Better Sleep Council offer these tips to bring harmony back to the bedroom and into your relationship:

**1. Problem: Your partner kicks in his or her sleep, waking you up.**

**Solution:** Make sure your bed gives each sleeper enough sleep surface to move around comfortably. For couples sharing a bed, the mattress should be at least queen-sized.

**2. Problem: Your partner likes it hot, you like it cool.**

**Solution:** Ideally, your bedroom should be a cool 60–65 degrees

Fahrenheit. But a few simple adjustments can make it possible for a person who craves heat and a person who craves cool to sleep side by side comfortably.

• Double-fold the blankets so there is more coverage on one side.

• Invest in a dual-control electric blanket or a twin-sized electric blanket on one side.

**3. Problem: Your partner snores, keeping you up at night.**

**Solution:** Snoring can be a serious health concern, so make sure to consult your physician. If your partner's snoring is not a serious health condition, try alternative treatments like investing in anti-snore pillows, sprays or nasal strips that are designed to help people breathe more easily.

**4. Problem: Your partner tosses and turns.**

**Solution:** It may be your mattress. Mattresses should be evaluated for optimum comfort and support every five to seven years.

**5. Problem: Your partner loves to cuddle, but you like your space while you sleep.**

**Solution:** Compromise. Before falling asleep, spend some time snuggling together and then agree to sleep apart.

**6. Problem: Your sleep schedules don't match.**

**Solution:** Try finding a bedtime that works for both of you. Be considerate if you are a night owl or an early riser compared to your sleep partner. Keep overhead lights off and use minimal lighting while you are awake and your partner is asleep.

A bad night's sleep affects your mood, work and relationships with others. Sleep, like proper diet and exercise, is essential to overall well-being. For more information on how to get a better night's sleep, or tips on how to improve your bedroom environment or shop for a mattress, visit [www.BetterSleep.org](http://www.BetterSleep.org).