

# SLEEP

## Facts & Figures

### Do Women Get Enough Sleep?

(NAPSA)—Here are some facts and figures about your sleep habits that could be a wake-up call to many women.

Some 68 percent of American women recently surveyed by the Better Sleep Council admitted sleeping less than the recommended average of eight hours a night, even though 50 percent surveyed claim to understand the link between sleep and overall wellness.



**SLEEP ON THIS—A comfortable and supportive mattress will go a long way to improve the quality of sleep and your overall health.**

According to the survey, stress is by far the number-one issue robbing women of sleep, followed by ailments such as allergy or cold and then by an uncomfortable mattress.

Fortunately, getting better-quality sleep is achievable. Things such as the quality and comfort of your mattress and pillows play a tremendous role in the quality and quantity of your sleep. Experts say you should sleep on a mattress that provides superior comfort and the right support. Also, if you wake up stiff and in pain, it may be time to replace your mattress.

For more better-sleep tips, visit [www.bettersleep.org](http://www.bettersleep.org).