

SLEEP ON IT

TIPS ON WAKING REFRESHED AND RESTED



Daytime Fatigue? It May Be Caused By Poor Sleep

(NAPSA)—You were in bed for almost eight hours, but woke up feeling as if you hadn't slept a wink. Your morning cup of coffee has turned into two cups, and no matter how hard you try, you are just not as rested or energetic as you want to be. If this sounds like you, you are not alone.

Sixty-seven percent of women reported frequent sleep problems, while more than 40 percent of women polled by the National Sleep Foundation (NSF) say that daytime fatigue interferes with their daily activities. But poor sleep, or lack of sleep, is not a problem limited solely to women. More than 50 percent of men reported experiencing symptoms of insomnia a few nights a week.

"We frequently get calls from people in need of an answer to getting a better night's sleep. Lack of rest or poor sleep habits affect the way people want to live their lives, and we understand that," said Max Morrison, president of Flex-A-Bed, an adjustable bed manufacturer. "We believe the foundation for a better night's sleep or a more comfortable place to rest starts with a quality bed."

An adjustable bed can help alleviate stress on the legs, neck, and lower and upper back—all causes of a poor or restless night's sleep. The company's team of expert craftsmen builds your bed to your specifications, using the same principles of care and consideration that have helped build the company since 1969.

When most think of people with sleep problems, they think of those that are advancing in age. What many don't realize is that good sleep habits are formed at



In a recent study, four out of 10 women said that daytime fatigue interferes with their daily activities.

birth. More than 50 percent of babies who have sleep problems as infants experience sleep issues when they grow up, which can negatively affect their development. Teenagers, who many believe spend too much time in bed, average at least an hour less sleep per night than experts recommend. Sleep habits that have been built over a lifetime may be hard to break, but finding the right bed to encourage good habits couldn't be simpler—and is a step in the right direction.

Because Flex-A-Bed builds all its own adjustable beds and offers a wide range of options, including a massage feature that can help relieve stress and discomfort from medical ailments, it can work with customers to build beds that are right for them.

"Your bed should be built to fit your needs," said Morrison. "After all, we should spend more than a third of our life in bed; whether we are asleep or not, we should all be comfortable."

For more information, visit www.flexabed.com or call (800) 648-1256.