



# THE ULTIMATE GUIDE

**TO A BETTER NIGHTS SLEEP**

**LEARN THE BASICS OF HEALTHY SLEEP  
AND LIVE A MORE WELL RESTED LIFE**

# TABLE OF CONTENTS

---

## CHAPTER ONE

### INTRODUCTION

---

## CHAPTER TWO

### THE PERFECT MATTRESS

---

## CHAPTER THREE

### CHOOSING THE BEST PILLOW

---

## CHAPTER FOUR

### DAILY HABITS

---

## CHAPTER FIVE

### CONCLUSION

---

# CHAPTER ONE

## INTRODUCTION



Getting a good night's sleep is one of the most important things you can do for your health.



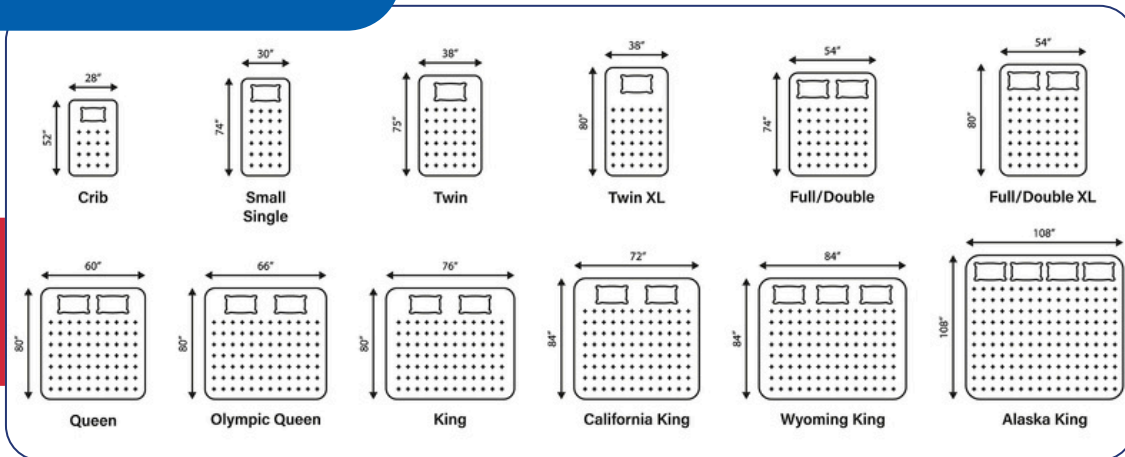
It can be frustrating when you have a hard time falling asleep or staying asleep, especially when you wake up the next morning groggy and tired.

We've come up with some things you can do not only before bed, but during the day as well, to help you end sleepless nights and get a better night's rest.

# CHAPTER TWO

## THE PERFECT MATTRESS

### Mattress Size Chart



When you are looking to buy a mattress, it is important to choose the right one for you. We spend about one-third of our life sleeping, so sleeping on the right mattress can really affect your quality of life! Waking up groggy, blurry eyed, and with a stiff neck is the worst possible way to begin your day. A good night's sleep can be an elusive dream for most people, leading to lowered productivity, bad health and even depression. A good mattress on the other hand, can transform sleep into a luxuriously enjoyable experience, while relieving muscle and joint aches.



STEARNS  
& FOSTER®

*Beautyrest.*  
BLACK®

SHERWOOD®  
BEDDING

## Tempur-Pedic

From the moment you lie down, Tempur-Pedic mattresses adapt to your body's shape, temperature, and movement, delivering personalized comfort night after night. Designed to reduce motion transfer and alleviate pressure points, these premium foam mattresses provide a truly restorative sleep experience.

## Serta Perfect Sleeper

The Perfect Sleeper line combines pressure-relieving comfort with individually wrapped innersprings, offering support that adapts to every sleeper. Available in Firm, Plush, Euro Top, and Pillow Top options, it delivers customized sleep solutions that feel tailor-made.

## Stearns & Foster®

Crafted by hand for over 175 years, Stearns & Foster® mattresses blend time-honored craftsmanship with the highest-quality materials. Designed for discerning sleepers, these beds deliver an elevated, enduring sleep experience

## Beautyrest® Black™

Luxury meets innovation in the Beautyrest Black, featuring Pocketed Coil® Technology for targeted support and DualCool™ Plus for cooling, antimicrobial comfort. Each mattress upholds exceptional quality and consistency, night after night

## Sherwood

Sherwood brings state-of-the-art design and exceptional value with open coil systems that deliver 21% more support than traditional models. Featuring high-density foams and premium knit covers, each mattress reflects a rigorous commitment to quality.



## Kingsdown

Since 1904, Kingsdown has crafted luxurious mattresses in innerspring, hybrid, foam, and air styles—each one meticulously built with top-tier materials and handcrafted fabrics. The result is a sleep surface that epitomizes comfort and elegance.

## Knickerbocker

A fourth-generation, U.S.-based company since 1919, Knickerbocker specializes in premium bed frames, foundations, and support systems. Each handcrafted piece is built to enhance mattress performance and overall sleep wellness.

## Ergomotion

World-leader in adjustable bases, Ergomotion combines wellness-driven smart technology with sleek design. Their bases support top mattress brands and transform any bedroom into a connected comfort sanctuary.

## Sealy

America's #1 trusted mattress brand, Sealy offers a comprehensive range of mattresses- from innerspring to memory foam to hybrid- designed to suit every sleep style. You're sure to find the perfect balance of comfort and support.

## Malouf

Malouf innovates with purpose, creating pillows and sleep accessories that prioritize comfort and performance. From memory foam to latex and travel-sized options, each product aims to help you sleep better, wherever life takes you .

# CHAPTER THREE

## CHOOSING THE BEST PILLOW

A pillow is not just a pillow and choosing the right one can mean the difference in a good nights sleep or waking up with an achy neck. There are many different types of pillows to choose from, but which kind is the perfect pillow for you?.

### Memory Foam

The idea behind memory foam is that it self-adjusts to body contours and reduces pressure on sensitive areas. Memory Foam pillows contour to your neck, providing perfect support.

### Feather

Feather pillows do actually provide a good level of support. Good quality feather pillows are made with highly curled feathers that are typically very small. The best way to know you are getting good quality is to put pressure on the feather pillows- you should not be able to feel the quills through the cover.

### Microbead

Microbead pillows are made with small, unexpanded EPS beads. They are designed for a firm support. If you prefer a more firm pillow for head and neck, these pillows are just right.

### Neck

Neck pillows are designed especially for people with back problems that need pillows to support their spine. These pillows are meant to provide support for the head and neck in a specific way.

### Body

Many people love body pillows for personal comfort, as they like to hug them. They do also provide support for hips because they are long and can be placed in between the legs.



# Wedge

Wedge pillows are perfect for those with reflux issues and for those that enjoy sitting up in bed. Those that love to read enjoy these pillows. They are also used to elevate legs or feet. Generally Wedge pillows are made of foam, polyester fiber fill, or both.

One tip to getting yourself the best pillow is by knowing your sleeping position. Different pillows work better for different sleeping positions. The main reason for incorporating a pillow into your sleep is to ensure your head is in 'neutral alignment'. Neutral alignment means that your head is parallel to your shoulders, not reaching forward and not bending backwards too far.

Over time, you will note that your pillow will lose its firmness and get compressed. It will no longer offer adequate support to your head. Once your pillow gets to this stage, consider replacing it with a new pillow for quality sleep. You can learn more about choosing the best pillow [here](#).





# CHAPTER FOUR

## DAILY HABITS

### Exercise in the Morning

People think that exercise will tire them out, but exercising in the morning is a great way to feel more energized and ready for the day. If you are having trouble sleeping at night, you should exercise in the morning or afternoon, and avoid exercise before bed. Regular exercise also helps regulate sleep patterns, so getting the recommended amount of physical activity will make sleeping easier.

### No Caffeine after Noon

Caffeine is a stimulant. If you drink it in the afternoon or evening, it will still be in your system when you try to go to bed and could keep you awake tossing and turning. By not ingesting any caffeine after noon, you ensure that it is out of your system in time for you to go to bed. If you are especially caffeine sensitive you might need to limit foods that are high in caffeine, such as chocolate, to before noon as well.

### No Electronics in the Bedroom

To improve your sleep, start by removing electronic distractions from your bedroom. Without a TV or phone nearby, you won't be tempted to engage with them in bed. If you need an alarm, opt for an old-fashioned clock and face it away to avoid the sleep-disrupting glow of its display. Using devices like smartphones or tablets before bed can overstimulate your body and brain, especially when you're emotionally invested in a show or game. This stimulation triggers muscle tension and increases cortisol, the body's stress hormone. Compounding the issue, the bright light from screens mimics daylight, suppressing melatonin production and confusing your brain into staying alert. As a result, you may find it harder to relax, fall asleep, and stay asleep through the night.



# If You Snack Before Bed, Make Sure It Won't Prevent You from Falling Asleep

## Best foods to eat in the evening:

- Bananas
- Almond Butter
- Tart Cherry Juice

## Worst foods to eat in the evening:

- Spicy foods
- Sugar
- Caffeine

## Use Your Bed Only for Sleeping

Using your bed only for sleep helps you because your brain knows that when you lie down it is time to drift off. Reading, using electronics, or watching television in bed means that your brain does not get the signal to doze off when you get into bed.

Although some smartphone use can inhibit your sleep, there are many apps that can help you to get enough shut-eye. **A few include:**



### Relax Melodies

This sleep assistance app offers many ambient melodies for you to choose from. You can pick your favorites to fall asleep to and set your alarm in-app.



### Relax & Sleep by Glenn Harrold

This self-hypnosis app will help put you to sleep on nights that you just can't figure out how to clear your head. The free version runs for 27 minutes--plenty of time to get yourself into a deep sleep.



### Pzizz Sleep

The scientifically proved technique that this app uses is worth the download! This app mixes up different beats and sounds that help soothe you to sleep --you will never hear the same sounds twice!



### Sleepmaker Rain

This app offers 20 different sounds to choose from--all different types of rain. This soothing noise is sure to help you get some rest.

# CHAPTER FIVE

## CONCLUSION

Getting a good nights sleep is essential for everyone. Not only will you wake up feeling refreshed, but there are many other good reasons why we should strive to sleep well each and every night!

Your health, weight, libido, concentration, and mood are just a few things that can improve when you get sufficient sleep.

When you begin getting a full night's rest on a comfortable and solid mattress, your whole disposition and quality of life can improve!

Before you buy a mattress, take some time to decide what will be the best type and size for you. Not everyone has the same needs and buying a mattress is a very personal decision. Not all mattresses are made equally and though we've provided a lot of information on how to choose the right one, ultimately, the best way to choose is to visit one of our locations and demo them for yourself. Our show rooms have hundreds of mattresses for you to test out and our experts will aid you in the process. Whether you are looking for a traditional flat mattress or a customizable adjustable mattress, Land of Sleep has it!

