

**When it comes to sleep,  
QUANTITY AND QUALITY ARE IMPORTANT.**

Not getting an adequate amount of sleep can lead to cardiovascular disease, obesity and diabetes. If you average less than 6 hours of sleep per night, your resistance to viral infection is lowered by about 50% over those getting 8 or more hours.\* Expect more colds and flu and respiratory tract infections. Luckily, the process is quickly reversible. Even if you didn't get enough sleep on a given night, the immune system will be back in action as soon as you start getting a full night's sleep.

Your body goes through cycles of sleep every night. During each cycle, the time you spend in each of the 4 stages of sleep changes. This cycle repeats itself every 90 minutes until you wake up. Depending on the length of time you sleep, you will travel through four to five cycles during the night. Sleep becomes lighter as we approach morning and dreams become longer. During the last quartile of an 8 hour night, Stage 2 sleep and REM or Rapid Eye Movement Sleep, wherein most dreams occur predominate. These stages play a major role in organizing and reorganizing the mind, concentration, mood, productivity, creativity, critical problem solving, and athletic ability.

When it comes to sleep, quantity and quality are important. Remember that you should spend 1/3 of your life asleep. It's vital you make the most of it. Sleep experts agree: Most people need 8 hours of sleep, but even 6 hours of continuous sleep is more restorative than 8 hours of interrupted sleep. So stop depriving yourself and get some rest.

Everyone should know how much sleep he or she requires to feel awake, dynamic, and energetic all day long. Everyone should know the strategies and techniques for achieving quality performance. And everyone should know how to cope with sleep deprivation when it does occur.

Sleep is a necessity, not a luxury. It determines the quality of our waking life. If you are getting less than the right amount of sleep for your mind and body to perform well during the day, you are sleep deprived.

According to experts, 70% of the population is sleep deprived. We're not spending quality time in the important stages of deep sleep. These stages are essential to heal and repair the human body, as well as the mind for peak performance the next day.

You might not know if you're sleep deprived. The following is a sleep quiz. If you answer 'yes' to 3 of these questions, you are sleep deprived:

- 1. Need an alarm clock to wake up?**
- 2. Struggle to get out of bed in the morning?**
- 3. Hit the snooze button weekday mornings?**
- 4. Tired, irritable and stressed out at work?**
- 5. Trouble concentrating and remembering?**
- 6. Slow critical thinking, problem solving, and creativity?**
- 7. Often fall asleep watching TV?**
- 8. Fall asleep in boring meetings, lectures, warm rooms?**
- 9. Fall asleep after heavy meals or low doses of alcohol?**
- 10. Often fall asleep when relaxing after dinner?**
- 11. Fall asleep within 5 minutes of going to bed?**
- 12. Often feel drowsy when driving?**
- 13. Sleep extra hours on weekend mornings?**
- 14. Often need a nap to get through the day?**

If you are sleep deprived, your old mattress may be a contributor. Mattress technologies have advanced in recent years so you are encouraged to check out mattresses that are specifically designed for sleeping with a partner, zoned for additional back support and more.