



SOUTHARD
MATTRESS

Destination: La-la land.

Tips for better sleep.

It's bedtime, your most favorite part of the day. You're exhausted. But for some reason, you just can't go to sleep. You toss; you turn. Your mind races with thoughts of everything you did today, and everything you need to do tomorrow. A couple of changes to your routine, and you'll be snoozing in no time.

1. **Start with your mattress.** Yes, it's why you're here. The right mattress match for your body and sleep habits can make all the difference—and make every position a comfortable one.
2. **Turn your bedroom into your Zen den.** Paint walls in soft colors. Our paint pick: Shadows of the Naszca Lines (#4280) from Anna Sova Luxury Organics. The paint is manufactured with up to 99% food-grade ingredients, making it easy on the earth and the eyes (Annasova.com).
3. **Keep the room temperature at a comfortable 68°.** Set humidity levels at 63%. Regulate a room's humidity with a humidifier or dehumidifier (depending on whether you live in a wicked dry place, such as Arizona, or a super humid place, such as Washington, DC).
4. **Add white noise.** Adding white noise removes all small noises that could wake you up. Anything works: a fan, a humidifier (see tip #3), or a noise machine. Our pick: Sharper Image Sound Soother 20 (Sharperimage.com). Listen to 20 sound programs designed to soothe you.
5. **Remove all clutter from your bedroom.** A clean open space will help you sleep better at night. An occasional book or two on the bedside table is fine. But computers, televisions, cell phones, catalogs, mail, your kids' report cards, laundry, etc. should be banished from the room. Keep the décor to a minimum. Less is more.
6. **Get regular exercise.** Try to exercise at least four hours before bed time so your body has time to power down.
7. **Never sleep on an empty stomach.** A light snack before bedtime is recommended; but a heavy meal will interfere with sleep. Opt for a glass of warm milk—dairy contains tryptophan, a natural sleep inducer.
8. **Use your bed only for sleeping** (and for sex, of course.). Avoid paying bills, doing work, or watching TV in bed. Stay away from stimulants 4-6 hours before bed. That includes caffeine, nicotine, and alcohol.
9. **Go to bed and awaken at the same time every day and night-even on weekends.** Your biological clock will love you and you'll feel better when your sleep cycle has a regular rhythm.
10. **Develop a sleep ritual.** Listen to music, read a book, enjoy a cup of caffeine-free tea, or have a bath. Aromatherapy is a wonderful way to relax in the bath. Our pick: Lavender Des Jardins Hemp Soap from Rawganique (rawganique.com). It smells as good as it feels.
11. **If you cannot fall asleep within 20 minutes, do something boring.** Read the WJ Southard Warranty on your mattress—anything to put you to sleep. Keep the lights dim while reading.
12. **Dim the lights.** Blackout shades can help keep the light to a minimum. Our pick: The Tiburon Roman Shade from Pottery Barn (potterybarn.com). Use sunlight to set your biological clock. When you wake up, step outside and turn your face to the sun for 15 minutes.