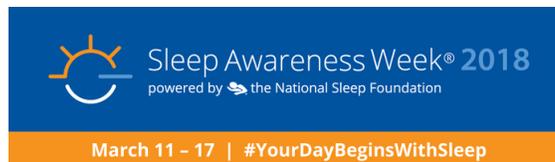


#YOURDAYBEGINSWITHSLEEP: THE CONNECTION BETWEEN SLEEP AND EFFECTIVENESS

SLEEP / MARCH 14, 2018 / RELAX THE BACK / LEAVE A COMMENT

Think about your average week. After you have had a chance to wind down from your work day, had dinner, and settled into bed, how many hours of sleep do you normally get before your alarm goes off the next morning? Five to six? Seven to nine? Do you feel productive when it comes to crossing items off your to-do list the next day? Our levels of effectiveness are linked to our quality of [sleep](#). Getting enough sleep is paramount to optimizing our productivity and improving our overall health and happiness.

This year, the National Sleep Foundation has dedicated their annual Sleep Awareness Week to highlight the importance of quality sleep and its connection to effectiveness. In this year's Sleep In America Poll, nearly 65% of Americans believe sleep contributes to next day effectiveness, yet only 10% of people actually prioritize it.



Unfortunately, [sleep](#) is usually very low on our list of priorities. For instance, only 1 in 10 people considered sleep their top priority compared to other personal activities such as work, fitness and nutrition, social life, and hobbies. We often believe by increasing our waking hours that we are being more productive when in fact we would be perform more efficiently if we were getting adequate rest.

Prioritizing sleep will not only lead to a more productive day, it will also protect and improve mental health, physical health, and quality of life. Numerous studies have proved that a good night's sleep can improve our mood and learning capacity, support our immune system, heal and repair muscles, blood vessels, and our heart while also promoting a healthier metabolism.

The amount of sleep one needs varies from person to person. The [National Sleep Foundation](#) provides these questions to help assess how you feel after different amounts of sleep:

- Are you productive, healthy and happy on seven hours of sleep? Or does it take you nine hours of quality ZZZs to get you into high gear?
- Do you have health issues such as being overweight? Are you at risk for any disease?
- Are you experiencing sleep problems?
- Do you depend on caffeine to get you through the day?
- Do you feel sleepy when driving?

It's important to listen to your body when determining the right amount of sleep that works for you, as well as finding the right products and solutions to get the best sleep possible.

For instance, if you haven't replaced your mattress within 7-10 years, it might be time to purchase a new one and upgrade your sleeping environment. We offer a wide selection of [Tempur-Pedic mattresses](#) that adjust to your body throughout the night, so you're able to achieve the personalized comfort and support you truly desire and need. When it comes to your pillow, you should replace it even sooner— after two years max. Pillows are just as important as your mattress and account for 30% of your total sleep experience. We offer a full line of high-quality [ergonomic pillows](#) focused on pain relief and comfort, so you can be sure both your pillow and mattress are optimized for the best sleep possible.

For any additional sleep needs that you might have, visit your local [Relax The Back location](#) to speak with one of our trained specialists who can provide more ideas for improving your [sleep](#). They will work with you one-on-one to help you