

September 2020

A Good Night's Sleep

It is during sleep that our bodies are rejuvenated, muscles and cells are regenerated, and we are re-energized to start a new day! If our sleep is uninterrupted and truly restful, we can expect to awaken feeling refreshed and restored.

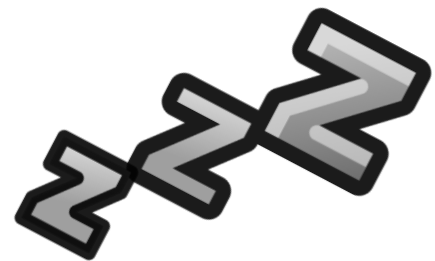
Quality A good night's sleep is one that is going to be uninterrupted and allow the body to go through its natural sleep cycle. Sleep quality can be affected by many factors, which include but are not only limited to:

- The length of time it takes to actually fall asleep
- The duration of sleep
- Food or alcohol consumption
- Nightmares, tossing and turning or any other disturbance that results in interrupted sleep.

Mattress Facts Mattresses are meant to uniformly support your body from head to toe. If there are gaps between a part of your body and the mattress then you're not getting the full support that you need. For instance, look for a gap between your waist and the mattress. A mattress can be too firm and put uncomfortable pressure on the shoulders, hip and back. To avoid creating indentations in the mattress, it is advised that you turn your mattress, but not to flip it! Turn it once every two to three months. **When choosing a mattress...** carefully consider the following recommendations:

- Choose a mattress that is designed to conform to the natural curves of the spine and keep the spine in alignment.
- It should be designed to distribute pressure evenly across the body help circulation, decrease body movement, and enhance sleep quality.
- Find a mattress that minimizes the transfer of movement from one sleeping partner to the other.

Age	Sleep Hours per Night
Newborns (1-2 months)	14-18
Infants (3-11 months)	13-16
Toddlers (1-3 years)	12-14
Preschoolers (3-5 years)	11-13
Children (5-12 years)	10-11
Teens (13-17 years)	9-10
Adults (18+ years)	7-9



Pillows are Important Many people are completely unaware of how important their pillow is to the quality of sleep they are receiving. While mattresses are vital, no mattress alone can keep the spine completely aligned when lying on either your back or your side.

To get the best possible rest and for your muscles to be at their most relaxed, it is important that you sleep on a pillow that is tailored to you dimensions. Your perfect pillow will provide optimal support to your cervical spine and head. In co-operation with physical therapists and sleep specialists, we are now carrying the perfect pillow! Ask us today about our

Pillowwise pillows! We determine you perfect pillow size which will help you:



- Maintain the alignment of your spine and provide optimal support of your head and neck!
- Can help relieve upper cervical injuries.
- Our simple 3-step measuring system and proprietary algorithm software ensures the perfect pillow size.
- Finest pressure relieving memory foam made in the Netherlands.
- Keeps you cool and comfortable all night!
- 5-year warranty.

Positive Benefits of CBD

Cannabidiol is a popular natural remedy used for many, many common ailments. Known as CDB, it is one of over 100 chemical compounds known as cannabinoids found in the cannabis plant. Tetrahydrocannabinol (THC) is the main psychoactive cannabinoid found in cannabis and causes the sensation of getting 'high' that is often associated with marijuana. **However**, unlike THC, CBD is not psychoactive!

This quality makes CBD an appealing option for those who are looking for relief from pain and other symptoms without the mind-altering effects of marijuana or certain pharmaceutical drugs. CBD oil is made by extracting CBD from the cannabis plant, then diluting it with a carrier oil like coconut or hemp seed oil.

Here are seven health benefits of CBD oil that are backed by scientific evidence:

Pain relieving **Could reduce anxiety and depression** **Can alleviate cancer-related symptoms**

May reduce acne

Neuroprotective properties

Benefit heart health