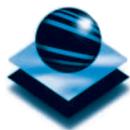


# Tips For Better Sleep



Distributed by:  
Thane Direct Canada, Inc  
Toronto, Ontario, M9C 5K6

[www.thane.ca](http://www.thane.ca)

## **Thank you for purchasing the True Sleeper Sleep System.**

The True Sleeper Sleep System incorporates a high quality VE memory foam mattress topper with your existing mattress to provide excellent comfort and support. The optional cover finishes the system providing a beautiful look, soft touch and additional comfort.

We at True Sleeper want you to have the best rest possible. We have built our name and reputation on giving people the rest that they deserve. That is why we have assembled the following tips and information to help you get even more out of your True Sleeper sleep system.

The National Sleep Foundation estimates that “drowsy driving claims 1,500 lives and accounts for at least 100,000 auto crashes in the U.S. every year.” The costs to our society reach millions of dollars in accidents and lost or reduced productivity.

Sleep is a vital aspect of our health, happiness and our ability to succeed in life. We are strongly dependent on how well we meet our bodies’ needs for rest and quality sleep. Your sleep environment serves as the basis for a good night’s sleep. Noise, light, an uncomfortable or worn-out mattress and foundation or a room that’s too warm or too cold can set you up for poor sleep.



***Roll out the True Sleeper foam mattress topper on top of your mattress.***

***Cover foam mattress topper with mattress pad.***



***Make bed as usual.***

### **You can make your sleep environment more conducive for restful sleep by checking these factors:**

***Mattress and Foundation:*** Be sure your mattress and foundation meet your needs for ideal support and comfort. If you sleep with a partner, your mattress should allow you both enough space to move easily during the night.

**Light:** Light is one of our body's most powerful time cues. The rising sun can stimulate the brain into wakefulness long before the alarm goes off. A dark room is the most conducive for sleep, day or night.

**Noise:** Sudden, loud noises from inside or outside the home can disrupt sleep. Steady, low sounds like the whirl of a fan or air conditioner are soothing because they help block out other noises.



**Temperature:** The ideal bedroom temperature is 60 to 65 degrees Fahrenheit or 16 to 18 degrees Celsius. A room that's too hot or too cold can disturb your sleep. If you ensure that you have a comfortable sleeping environment and your mattress is adequately firm and comfortable, your True Sleeper Sleep System will do the rest.

### **Sleep Trivia**

**1.** Most people need eight hours of sleep to function at their best. And nearly one in three Americans sleeps six hours or less, which means many are not getting enough sleep. This leads to driving while drowsy or being unable to concentrate at work, sometimes with disastrous results.

**2.** 42% of Americans believe that the older you get, the fewer hours of sleep you need. This is a myth and is not true. Sleep needs remain unchanged throughout adulthood. Older people may wake more frequently through the night, but sleep difficulties are not a normal part of aging.

**3.** More than 40% of Americans believe that raising the volume on the radio will help keep you awake while driving. This is FALSE; research shows that loud radios and opening the window (common strategies used by people trying to stay awake) don't work.

**4.** Many people also believe that snoring is not harmful as long as it does not disturb sleep. This is also FALSE. Snoring may indicate sleep apnea, a potentially life-threatening disorder that needs professional treatment.

### **The following tips will help you make the most of your True Sleeper Sleep System:**

**1.** Keep a regular schedule. Go to bed and get up about the same time each morning. This includes weekends and holidays.

**2.** Sleep only as much as you need to feel rested and make up for lost sleep as soon as possible by returning to your regular schedule.

**3.** Your sleeping room should be dark, quiet, comfortable, and safe. Install light blocking shades to keep sunlight or other light from getting inside your room.

**4.** Use your bedroom for sleeping and sexual activity only. Don't use your bedroom for an office. Leave your troubles and worries in another room. Also choose soothing colors and favorite artwork or photos for your surroundings.

**5.** Avoid drinking beverages that contain caffeine in the late afternoon or evening. Drinking caffeine shortly before bedtime increases tossing and turning, reduces deep sleep, increases the time it takes to fall asleep, decreases total sleep time, and increases the number of times you wake up during the night.

**6.** Don't use alcohol as a sedative. It will wake you in the middle of the night. Also avoid sleeping pills if possible. They often lead to fragmented or disturbed sleep.

**7.** Get plenty of exercise, but not within 2 hours of bedtime.

**8.** Don't go to bed hungry, but don't eat too heavily before sleep. If you are hungry at bedtime, have a light snack of cheese and crackers, warm milk, water or a banana. These foods contain Tryptophan, an amino acid that promotes sleep.

**9.** Develop your own nightly ritual such as a bath or shower, reading, listening to music, or just relaxing. Then sleep in loose fitting clothes and use comfortable cotton or linen sheets.

**10.** If you can't sleep, get out of bed and return only when you feel sleepy. Avoid taking naps during the day if you have trouble sleeping at night. If you take a nap keep it short, no more than 15 to 30 minutes.

**11. DON'T SMOKE.** Smokers take longer to fall asleep, awaken more often and experience disrupted, fragmented sleep.

**12.** Remain mentally stimulated during the day. Boredom leads to sleep loss. Most of all, it is important to remember that sleep needs are individual and change somewhat throughout our lives. Approximately 40 million Americans suffer from chronic sleep disorders including insomnia, sleep apnea and narcolepsy. If you have a sleep problem that lasts 3 or more weeks, see your doctor for help or advice.

## WARNING

Your True Sleeper is made of urethane foam which is flammable. Do not use near or expose to open flames or indirect high temperature ignition sources. This includes burning cigarettes, space heaters, naked lights, welding, or other burning operations.

Do not use your bed as a handy surface to iron clothes, or large items such as table cloths, draperies, etc.

If urethane foam is ignited it will burn rapidly, releasing intense heat, and quickly consuming available oxygen. The resulting lack of oxygen will present a danger of suffocation. Burning foam releases hazardous gases which can be incapacitating or fatal to humans and animals if inhaled in excess quantities.

## IMPORTANT

PLEASE READ THE FOLLOWING BEFORE OPENING YOUR TRUE SLEEPER.

When removing the True Sleeper from its plastic wrapping open the package carefully to avoid cutting or tearing the mattress topper. The True Sleeper has been vacuum packed and compressed in its packaging. After removing the mattress topper allow it to "rest" to assume its proper size. All foam products have a slight scent at first which will dissipate gradually. Air out True Sleeper for 24 hours, away from direct sunlight, to eliminate plastic scent faster.

## CARE INSTRUCTIONS

Pillow – Spot clean with a small amount of mild soap on a damp cloth. Air dry out of direct sunlight.

Pillow Case – Machine wash in warm water and tumble dry.

Mattress Topper – Spot clean with a small amount of mild soap on a damp cloth. Air dry away from direct sunlight.

Mattress Cover – Machine wash in cold water. Do not wash in hot water as it may cause shrinking. Tumble dry on low setting or line dry.

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