

SleepBetter.org Offers Spring Cleaning Sleep Tips

Spring is on the horizon, and it's the perfect time to make a few changes to help you sleep better.

Online PR News – 16-March-2010 (Richmond, VA) -- After a long and, for many Americans, extraordinarily cold and snowy winter, springtime is finally on the horizon. A leading [sleep advice](#) web site says people hoping to improve the quality of their sleep should see spring as a perfect occasion to consider some changes in their sleeping environment.

“We know that the first day of spring on March 20 won’t mean the end of cold weather for a lot of folks,” said Dan Schechter, vice president of consumer products at Carpenter Co., and creator of SleepBetter.org. “But, the change of seasons is a golden opportunity to take a look at how making some changes can make a big difference in your nightly rest.”

Schechter says the first thing on a spring cleaning sleep list should be switching out those flannel pajamas. “Spring sleepwear is lighter and more airy than the winter duds you’ve been wearing for the last few months. The light fabric should make you feel like you’re not sleeping under a ton of material. Being too hot makes it hard to stay asleep during the night.”

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Here are four more spring cleaning [sleep tips](#) from SleepBetter.org:

- * Have you aired out the house since winter? All that stale air can affect your sleep. When it’s warm enough, open the windows during the day to let some fresh air into the house.
- * Are you an allergy sufferer? Make sure your pillows and mattress are clean and that your pillows have been switched out recently so you are not affected by an overabundance of allergens like dust mites, dust, and old skin cells on your pillow. You might also consider a hypoallergenic pillow.
- * Use the right kind of blanket. A breathable blanket can make a huge difference in your sleep comfort. Try a few different blankets to see which gives you the best sleep quality.
- * The transition to longer days with more sunshine can cause a sleep schedule disruption for some people. Resist the urge to stay up later and keep to your normal bedtime.

Each season brings different sleep challenges. With a little effort you can get a great return on how much and how well you sleep. And, since the quality of your sleep affects all other aspects of your life, it’s worth the time to take a few moments to review your sleeping arrangements.

For tips to help you sleep better, please visit <http://sleepbetter.org>. For the lighter side of sleep news, be sure to read [The Sleep Blogger!](#) You can also get sleep advice from SleepBetter on Twitter at http://twitter.com/sleep_better, and on Facebook at <http://facebook.com/sleepbetter>.

About Carpenter Co. / SleepBetter.org

SleepBetter.org is dedicated to helping people sleep better. Designed as an online resource, the web site creates a forum for visitors to define, discuss, and discover solutions to their particular sleep needs. SleepBetter.org's quest is to continually gather pertinent sleep information, then share this knowledge with the general public. The site also shares tips on the best sleep related products, both in stores and online. SleepBetter.org has created the Sleep Better seal as a way to easily identify products recommended for their superior quality or scientifically based design. Created by Carpenter Co., the world's largest producer of comfort cushioning products, SleepBetter.org provides information and advice that visitors can use to sleep better. For more information, please visit <http://SleepBetter.org>.

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Image Gallery



Sleep advice, tips, and information from SleepBetter.org

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