



The Simmons latest Beautyrest Black Series of mattresses feature micro diamonds infused in memory foam.



The Auping Royal MS has over 10,000 pressure points to evenly distribute your weight of your body and provide maximum comfort. Available at Luxury Mattress Collection.

Make your bedroom a sleep haven

Craving for sleep? Try out these tips for a good night's rest.

Place the bed away from windows

Putting your bed next to the window invites bright sunshine in the morning and outdoors light sources at night. This interrupts your sleeping pattern, especially for light sleepers.

Install blinds and curtains

If the space in your bedroom is limited and it is difficult to place the bed away from the window, try putting up black-out curtains.

Adjust the lighting

Sleeping in total darkness is best for a restful sleep. But if you must have a light on, use a nightlight. Place it out of your direct view as it will disrupt your sleep cycle.

Set the right temperature

Since optimal room temperature is subjective to an individual's preference, ensure that it is at the right temperature to your liking so that you won't be woken up when it gets too warm or too cold.

Keep the electronics away

Due to the always-on nature of social media and internet access, there is always something to distract you from sleeping if you are using your mobile devices. Exercise some discipline and put them away when it is time to sleep.

Manage noise

Fans or other white noise generators near the bed can help mute distracting sounds from outdoors. Or use ear plugs.