

Enjoy a good night's sleep

By Hector Tan



Photo: Tempur Singapore

The quality of sleep you get affects your health and your energy levels, said Mr Paul Keng, managing director of The Furniture Mall.

"Quality sleep is important to allow your body to rest and rejuvenate. Getting enough of it helps you to stay alert, creative and gives you stamina," said Mr Keng.

If you feel stressed and tired constantly, you may not be getting enough quality sleep at night.

Here are a few areas you can look into for a more restful sleep.

1. Bedroom layout

Ensure that your furniture in the bedroom is arranged neatly, with ample space for you to move comfortably.

Mr Keng said: "There should be enough space for you to place side tables or side cabinets on both sides of the bed, be it single, super-single, queen or king-sized. You can place a table lamp at the side table and do

some light bedtime reading to help you ease into the mood for sleep."

Avoid doing work on your bed as your mind may come to associate your bed with a working area over time. This may keep you awake.

Use small indoor plants or elegant floor lamps to soften any irregular corners if your bedroom is not evenly shaped like a rectangle or square.

2. Mattress

The right mattress has a big impact on the quality of sleep you get.

Ms Janet Soh, country manager of Tempur Singapore, said: "The right mattress gives you good-quality sleep. The wrong mattress may cause you to keep adjusting your sleeping position while sleeping. You end up having backaches, a stiff neck and sore shoulders."

She highlighted a study by Research Triangle International, where medical researchers from Duke University evaluated over

16,000 nights of sleep using seven different types of mattresses. They found out that the mattress quality has an impact on sleep patterns and sleep quality.

If you have a budget to stick to, put comfort and quality as your top priorities.

"You may pay more for quality. But in the long run, good mattresses last longer," said Ms Soh.

3. Temperature

Make your bedroom environment conducive for sleep by monitoring the temperature. Your bedroom should neither be too hot or cold. Ensure that your bedroom is well ventilated.

Mr Keng said: "The ambience of your bedroom should be pleasant. Keep the temperature cool by using a fan, air-cooler or air-conditioning. You can also add air fresheners as some calming scents can relax you."

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