

**Clinically Proven to Be Effective in Hundreds of Scientific Controlled Studies When Taken As Recommended. Zero Negative Side Effects. A Breathtaking Breakthrough in Improving and Maintaining Nearly Every Aspect of Physical, Mental and Emotional Health and Wellness.**

# **The World's Most Perfect Supplement**

**Clinically Proven to Effectively Help Prevent and Treat All Of These:**

- ◇ Diabetes
- ◇ Inflammation
- ◇ High Blood Pressure
- ◇ Stroke
- ◇ Cancer
- ◇ Osteoarthritis
- ◇ Reproductive Problems
- ◇ Stress
- ◇ Depression
- ◇ Memory and Concentration
- ◇ Skin tone and physical appearance
- ◇ Weakened Immune System
- ◇ Mental Illness
- ◇ Premature Death
- ◇ Heart Disease
- ◇ Dementia
- ◇ Anger
- ◇ Emotional Instability
- ◇ Reduced tolerance for pain
- ◇ Obesity/weight gain
- ◇ Weakened Immune System

⇒ **100% Natural**

⇒ **No Harmful Side Effects**

⇒ **Clinically Proven in  
Hundreds of Scientific  
Studies**

**“Every 50 minutes, someone in the U.S. dies as a direct consequence of sleep deprivation”**

# SLEEP

## **The World's Most Perfect Supplement**

“Sleep may be the most important factor determining the quality of our health. It's that important. **The fountain of youth? Sleep.** It is impossible to achieve optimal health and fitness without quality sleep. Impossible.”

**“ One of the questions we are frequently asked is: ‘what is the best bed for my back?’”**

It's an important question, and one for which there is no one simple answer. It's important because quality sleep is critically important to your health and wellness. ***And while a mattress or adjustable bed is only one tool for getting quality sleep, it is perhaps the most vitally important tool, not only for assuring great rest and promoting optimal overall health, but also specifically for supporting the highest levels of spinal health.***

There are trusted experts on general health, spinal health and nutrition. **Essential Bed has the trusted experts on mattress systems and other sleep tools for the pinnacle of sleep health.** We work closely with many of the very best health and wellness practitioners to provide the best quality sleep solutions and tools, custom tailored to your unique needs. Because sleep and beds truly are not “one size fits all.”

We have developed tools to quickly and easily guide you to the best sleep solutions for your unique needs. We provide the highest level of personalized care and direction to reveal the exact right mattress, pillows and other sleep tools for the best rest of your life. ***It is impossible to reach your highest levels of health and wellness without quality sleep. Impossible.***

**Essentialbed.com 630-893-0979 Randy@EssentialBed.com**

- ⇒ Every 50 minutes, someone in the U.S. dies as a direct result of sleep deprivation.
- ⇒ **If you get less than 6 hours of QUALITY sleep each night, you have a 25% greater chance of dying in the next 10 years than if you get 6 hours or more.**
- ⇒ There is absolutely nothing you do that you will not do better with better sleep. There is nothing in your life that will be improved by a lack of sleep.
- ⇒ **If you want a better body, get better sleep. Period.**
- ⇒ Over 100,000 automobile accidents and over 6000 fatalities annually have sleep deprivation as a direct cause.
- ⇒ **Being awake just 19 consecutive hours has an effect on your reaction time and judgements equivalent to having a blood alcohol level of .05. After 24 consecutive hours awake the equivalency is that of a .10 blood alcohol level, or legally drunk in every state.**
- ⇒ If you value your brain and want to keep it healthy...make quality sleep a priority. During sleep the body cleanses the brain and removes toxins and impurities that build up during the day. If you get less than the recommended 7 hours each night, your brain stays "dirty" with lots of bad outcomes, including reduced cognitive awareness, impaired emotional ability, and increased risk of dementia.
- ⇒ **Children and teens need 9 hours of sleep a night for development. Teens getting lower levels of sleep have been clearly shown to perform more poorly on tests, lag behind in fitness, and are more likely to be depressed, moody and show anti-social behavior.**
- ⇒ Our bodies are not flat...we are wider in the shoulders and hips...and we are all different (but not flat). Does it make sense to lay flat on firm surfaces for 8 hours a night? Consider an adjustable bed.
- ⇒ **50 to 70 million Americans suffer from chronic sleep loss, putting them at risk for sickness, disease, depression, mental and emotional distress, and premature death from a myriad of causes.**
- ⇒ Reducing your sleep from 7 to 5 hours **DOUBLES** your likelihood of cardiovascular disease.
- ⇒ **Consider: You spend over 3 out of every 10 years of your life sleeping. Nature has designed our bodies to require sleep to repair, renew, recharge. By age 60 you have spent 20 years of your life asleep! The quality of that sleep will determine the quality of your life.**

### Sleep Health is the Foundation of Wellness

- ⇒ Missing just 1-2 hours of sleep **DOUBLES** your chance of being in a crash
- ⇒ Missing just an hour of sleep on an ongoing basis doubles your chances of premature death
- ⇒ Want to increase your odds of heart disease, cancer, diabetes or stroke? Get less than your optimum sleep.

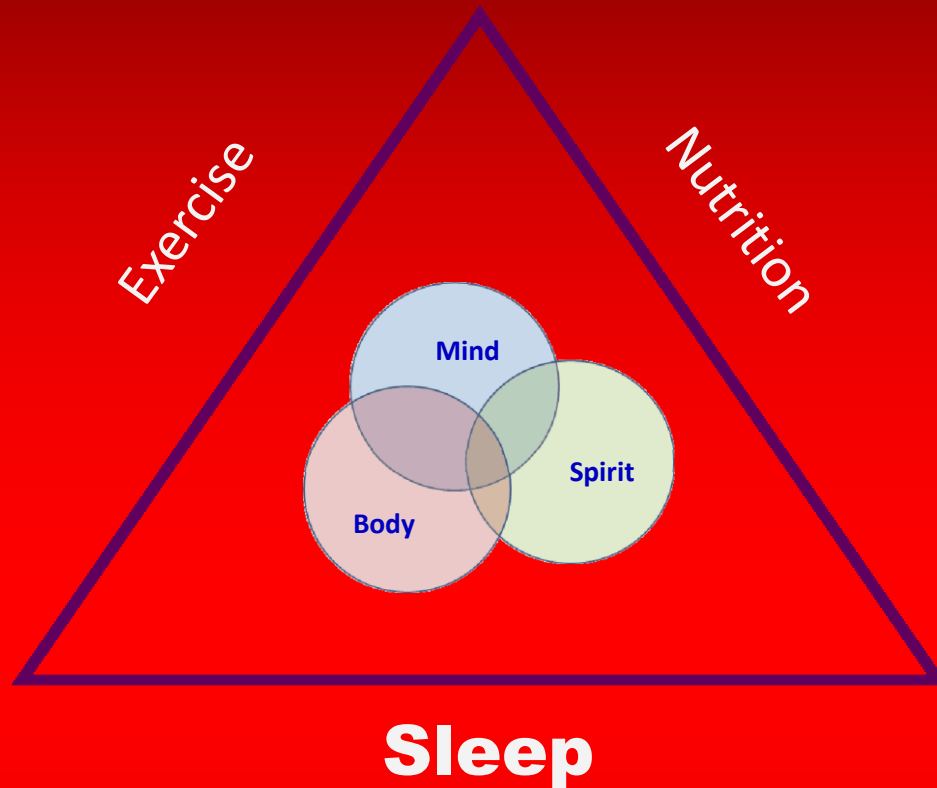
To learn much more about sleep health, visit us at [EssentialBed.com](http://EssentialBed.com).

Most importantly, make the time to visit us in The Essential Bed Showroom, talk to us about sleep, and let us Custom Fit you to the mattress that is right for you.



***"If you told an athlete you had a treatment that would reduce the chemicals associated with stress, that would naturally increase human growth hormone, that enhances recovery rate, that improves performance, they would all do it. Sleep does all of those things."***

**Casey Smith, Head Athletic Trainer, Dallas Mavericks**



- **Quality Sleep is the Foundation of All Health and Wellness**
- **It is Virtually IMPOSSIBLE to live at a high level physically, mentally and emotionally without quality sleep**
- **Nearly half of all adults self-report that they are not getting enough sleep**

**We are the anti-mattress store!**

**The Essential Bed Showroom 209**

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